

Amanda Da Silva

10

**Breakfast
Menu
Ideas**





1. Pancakes or waffles with Bananas OR French Toast with fruit
2. Breakfast stir fry - breakfast sausage served on top of your favourite veggies with spicy salsa
3. Fruit and yogurt smoothie (for my kids) OR Berry and greens smoothie with frozen banana and cocoa powder (dairy and gluten free - add almond butter for extra protein)
4. Raisin cinnamon toast with bananas or fruit OR avocado toast (all dependent upon your palette!)
5. Healthy oatmeal muffins with banana and peach
6. Grilled cheese is another great kid-friendly favourite (with low-fat cheese) with your favourite veggies
7. Eggs (cooked your preferred way) with whole-grain toast, a bagel or an English muffin
8. Cold cereal and milk
9. Hot oatmeal with almonds and berries - add peanut butter if you're extra hungry (gluten free, dairy free)
10. Breakfast burrito (scrambled eggs and shredded cheese) *salsa optional with your favourite veggies OR Scrambled eggs with salsa and avocado (no gluten or dairy)

Prepping at least one breakfast on a Sunday (such as the healthy muffins) will give your family the option to have something healthy to grab in the morning if you are in a rush. Your toddlers & kids can be part of the fun making them too!

It is important and recommended NOT to skip breakfast.

Some people think that skipping breakfast is a way to remain thin. The opposite is true. People who skip breakfast are more likely to consume more calories throughout the day. If you have children, it is also proven kids who do not eat breakfast are less able to learn at school and are more likely to have a higher body mass index (BMI) which could be an indication of being overweight leading to obesity.

Before you rush out the door make sure you've prepared your favourite water bottle and filled it so it's an easy grab and go. Did you know that most of us are dehydrated? Surprisingly, most of us do not drink enough water during the day. A good rule of thumb is to try your best to drink 2 litres of water a day at minimum. I have heard recommendations of drinking half your body weight (YES, half of your body weight!!! Seems like a lot I know) of water per day! Our bodies are 60% water!

So, make sure you and your family wake up at a decent hour to allow for a proper breakfast to begin your day. Fuel up!

*Please note: these suggestions are items I include as part of my household's morning routine breakfast choices. They are suggestions and ideas for you to incorporate and try if you are stuck about what you might prepare and enjoy for breakfast. Individuals' allergies are not taken into consideration with the above suggestions. Naturally, if you are lactose intolerant or have any other sensitivities you will have to modify so it fits your lifestyle.