



*y'all
hungry?*
FOR BREAKFAST

Breakfast Builder

BUILD YOUR BREAKFAST



MIX. MATCH. REPEAT.

Every balanced breakfast starts with three building blocks.

1. Pick one **protein**
2. Pick one **grain**
3. Pick one **fruit** or **vegetable**

Pick one from each group:



Protein

Eggs
Leftover Brisket
Ground Beef
Sausage
Greek yogurt
Cottage cheese



Grain

Toast
Tortilla
Oatmeal
English muffin
Waffle/Pancake
Potatoes



Fruit or Vegetable

Berries
Banana
Apple
Orange
Peppers
Avocado





MONDAY

Protein:

Grain:

Fruit or vegetable:

Breakfast plan:

TUESDAY

Protein:

Grain:

Fruit or vegetable:

Breakfast plan:

Use this template to plan the rest of your week - on a notepad or even your phone.

BREAKFAST BUILDER FORMULA

Protein + Grain + Fruit or Veggie = A Breakfast That Helps Fuel the Day

Breakfast Inspiration

MONDAY

- **Protein:** Eggs
- **Grain:** Toast
- **Fruit or vegetable:** Strawberries
- **Breakfast plan:** Scrambled eggs, toast and strawberries

TUESDAY

- **Protein:** Leftover Brisket
- **Grain:** Tortilla
- **Fruit or vegetable:** Peppers
- **Breakfast plan:** Brisket breakfast taco with peppers

This Week's Goal

- Build breakfast at home 4 days this week.
- Try one new protein.
- Let your child choose breakfast one morning.

PARENT TIP

Don't worry about making breakfast perfect. Having a simple plan for the week can make busy mornings feel a whole lot easier.

