

**BEEF  
LOVING  
TE★ANS**

TEXAS BEEF COUNCIL

*y'all  
hungry?*  
**FOR BREAKFAST**

Teen Breakfast Support

**A BETTER DAY  
STARTS WITH  
BREAKFAST**

# WE COMPLETELY UNDERSTAND.

We understand. You're not hungry. That's common.  
Or you're running late. Or too tired to think about breakfast. Or both.

But coffee (or just a caffeinated drink) isn't breakfast. So why not give yourself enough fuel to make it through first period without thinking about lunch by 9:37 AM?

## START SOME SELF-TALK

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Positive self-talk can help you turn "I'm not hungry" into "I need fuel for my day."

- What's one thing I'm actually looking forward to today?
- If today had a movie title, what would it be?
- What's something I'm feeling confident about today?
- If I could instantly become amazing at one thing, what would it be?

## TODAY'S BREAKFAST GOAL

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Build a breakfast that includes:

- ☐ Something with protein
- ☐ Something colorful
- ☐ Something that actually sounds good
- ☐ Something to drink

## FOOD FOR THOUGHT

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You spend around seven hours at school. That's a long time to run on vibes alone. Eat something that will help you get through the day.



## THIS WEEK'S CHALLENGE

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### Check what you plan to do:

- Eat breakfast before checking social media one morning.
- Try one breakfast you've never had before.
- Build your own breakfast instead of waiting for someone else to.
- Sit down to eat for five whole minutes. Yes, five.

## BEFORE YOU HEAD OUT

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- Parents are human, too. Thank them for something they've done.
- Compliment someone's outfit or sneakers.
- Text a friend.
- Tell your parent one thing you're excited about today.

## REMEMBER

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No one expects every morning to look like a commercial.

Some days it's breakfast tacos. Some days it's leftovers. Some days it's yogurt in the car.

The goal is showing up fueled for whatever today throws at you. Future you (even 5 PM today you) will thank you.