



TEXAS BEEF COUNCIL

*y'all
hungry?*

FOR BREAKFAST

Breakfast Planner

MY WEEKLY BREAKFAST PLANNER

- A little planning can make mornings easier all week.
- Choose simple breakfasts your family will actually eat.
- Aim for progress, not perfection.



BUILD A BALANCED BREAKFAST

Try to Include:

Protein:

Beef, eggs, yogurt, milk, cheese, nut butter or beans

Quick Energy:

Whole-grain toast, tortillas, oats, cereal, potatoes or rice

Color:

Fresh, frozen, canned or dried fruit and vegetables

This Week's Breakfast Plan

Day	What's for Breakfast?	What Can We Prep the Night Before?	Grab-and-go Backup
Mon			
Tues			
Weds			
Thurs			
Fri			
Sat			
Sun			

OUR BREAKFAST FAVORITES

Breakfasts everyone likes:

1. _____
2. _____
3. _____
4. _____
5. _____

Prep Tonight

Check what you can do ahead:

- ☐ Wash or cut fruit or vegetables
- ☐ Portion yogurt, cereal, or oats
- ☐ Cook or portion protein
- ☐ Assemble burritos or sandwiches
- ☐ Set out bowls, plates, or containers
- ☐ Fill water bottles
- ☐ Pack a portable breakfast
- ☐ Move breakfast foods to the front of the refrigerator
- ☐ Choose tomorrow's breakfast

Other:

Grocery Check

Protein:

Grains:

Fruits and Vegetables:

Grab-and-go Backups:



Let Kids Choose

This week, my child will help:

- ☐ Pick a breakfast
- ☐ Choose a new recipe
- ☐ Prep ingredients
- ☐ Pack a breakfast to go
- ☐ Make breakfast independently
- ☐ Be the family's Breakfast Captain
(The designated breakfast cheerleader and helper)

Our Goal This Week

We want to eat breakfast:

- ☐ 4 days
- ☐ 5 days
- ☐ 6 days
- ☐ Every day this week

One Thing That Will Make Mornings Easier:

Remember!

Healthy breakfasts do not have to be complicated. Plan a little, use what you have, and start strong.

