



5 ways to eat breakfast within 30 minutes of waking up

The pre-planner

- Overnight oats: A Pinterest favorite, first grab a mason jar or a good ole tupperware. Combine 1/4 cup old-fashioned oats (not quick or steel), 1/3 cup non-fat milk or soy milk, 1/4 cup non-fat plain Greek yogurt, 1/4 cup diced fresh fruit of choice, 1 tsp sweetener of choice (if desired) and any extras you like such as chia seeds, ground flaxseed, coconut flakes, etc. Mix, place lid on jar and leave in refrigerator overnight. In the morning, grab the container and a spoon and head on out!
- Breakfast at the table: Grab a bowl and fill with bran flakes, nut of choice and dried fruit of choice. Set on table. Grab a piece of fruit and set next to bowl. In the morning, all you have to do is add milk or Greek yogurt to your cereal and munch on!

The early riser

- 2 eggs scrambled with veggies combined with freshly sliced avocado in a whole wheat wrap. Pair with fresh berries and a tall glass of non-fat milk or soy milk
- Steel cut oats mixed with cinnamon, raisins and walnuts. Pair with a small bowl of nonfat Greek yogurt drizzled with honey. Serve with a small glass of 100% orange juice

The sleeper-inner

- Clif Bar + 1 tube of Greek yogurt + 1 piece fruit
- Pre-made packet of fruit and nut trail mix + 2 oz turkey jerky + 1 piece fruit

The anti-breakfast foodie

- 3 oz lean meat + brown rice + veggies all mixed together in a bowl
- 1 medium sweet potato + 3 oz skinless chicken breast + 1 piece fruit

The liquid enthusiast

Here is a great morning smoothie recipe just for you:

Berry Avocado Spinach Smoothie

(Makes 3 Smoothies)

- 2 cups fresh baby spinach (you won't taste it)
- 1/2 avocado
- 1 ripe banana
- 2 2/3 cups berries (variety)
- 1 cup plain, low-fat Greek Yogurt or silken tofu
- Optional: ~ 1 inch fresh ginger

1. Combine all ingredients in blender; enjoy!

See more great info at: <http://rdkate.blogspot.com>