

Healthy  
nutritious  
meals to start  
your day!

# Weekly BREAKFAST Meal Plan



<b>Monday, April 28</b>	Protein Oatmeal with 1 cup strawberries
	To make add ½ cup rolled oats to a bowl with 1 cup water. Microwave 1 minute 30 seconds high power. Add 1 scoop unflavored or vanilla protein powder. Mix well. Add strawberries.
	Cup of coffee
<b>Tuesday, April 29</b>	Veggie omelet with 1 slice Ezekiel toast
	Make an omelet in skillet with 1 whole egg and 2 egg whites. Fill with 1/8 cup sweet onion, ½ cup chopped green peppers and handful of baby spinach. Sprinkle with ½ ounce mozzarella cheese. Enjoy with a slice of your favorite Ezekiel 4:9 bread.
	Cup of coffee
<b>Wednesday, April 30</b>	<a href="#">High fiber green smoothie</a>
	Cup of Green tea with lemon
<b>Thursday, May 1</b>	Greek yogurt with blueberries, banana and kiwi with chia seeds.
	To make add 1 cup plain Greek yogurt and mix in 1 cup fresh blueberries, ½ small banana and 1 kiwi fruit. Top with 1 tablespoon Chia seeds.
	Cup of coffee
<b>Friday, May 2</b>	<a href="#">Healthy breakfast burrito</a>
	Cup of coffee
<b>Saturday, May 3</b>	Cereal with fruit & nuts.

	<p>1 cup whole grain cereal (I'll be enjoying Nature's Path Heritage Flakes) with ½ cup milk, 1 cup strawberries sliced, 1 tablespoon pepitas and 1 tablespoon almonds.</p> <p>Cup of coffee</p>
<b>Sunday, May 4</b>	Cheat day! Breakfast with the family☺