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What's for Breakfast?

Can't eat any more oatmeal or eggs? Get the right mix of Carbohydrate, Proteins and Fats try:

Quick Alternative Breakfast – Mix and Match Be Creative!

Sweet Potato with Almond Butter or Peanut Butter or Lean Protein
Brown Rice with Almond Milk, Cinnamon and Honey
Whole-wheat toast, sliced pears, sunflower butter
Almonds, Sliced Apples, Peanut Butter on Whole Wheat Toast
Sliced Chicken Breast, Apples and Butter on Whole Wheat Toast
Green Smoothie – 50% Spinach and/or broccoli slaw, 1 Apple (cored) or Banana, ½ cup of berries blended with Water and Protein Powder (choose 2 fruit)
Black beans, Brown Rice, Fresh Greens, Cheese
Brown rice, broccoli slaw, chickpeas, lean meat or bacon
Yogurt with Fruit, nuts or add one of the cereals listed below
Leftovers from last night's dinner
Substitute Gluten free baked goods if necessary

Cereals

Kellogg's Frosted Mini Wheats - 6g of protein and 6g of fiber

Kashi Go Lean Crunch-9g of protein and 8g of fiber

Kellogg's All Bran -4g of protein and only 80mg of sodium

Read more: http://www.livestrong.com/article/101223-top-healthiest-cereals/#ixzz2hEcGNaqI

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