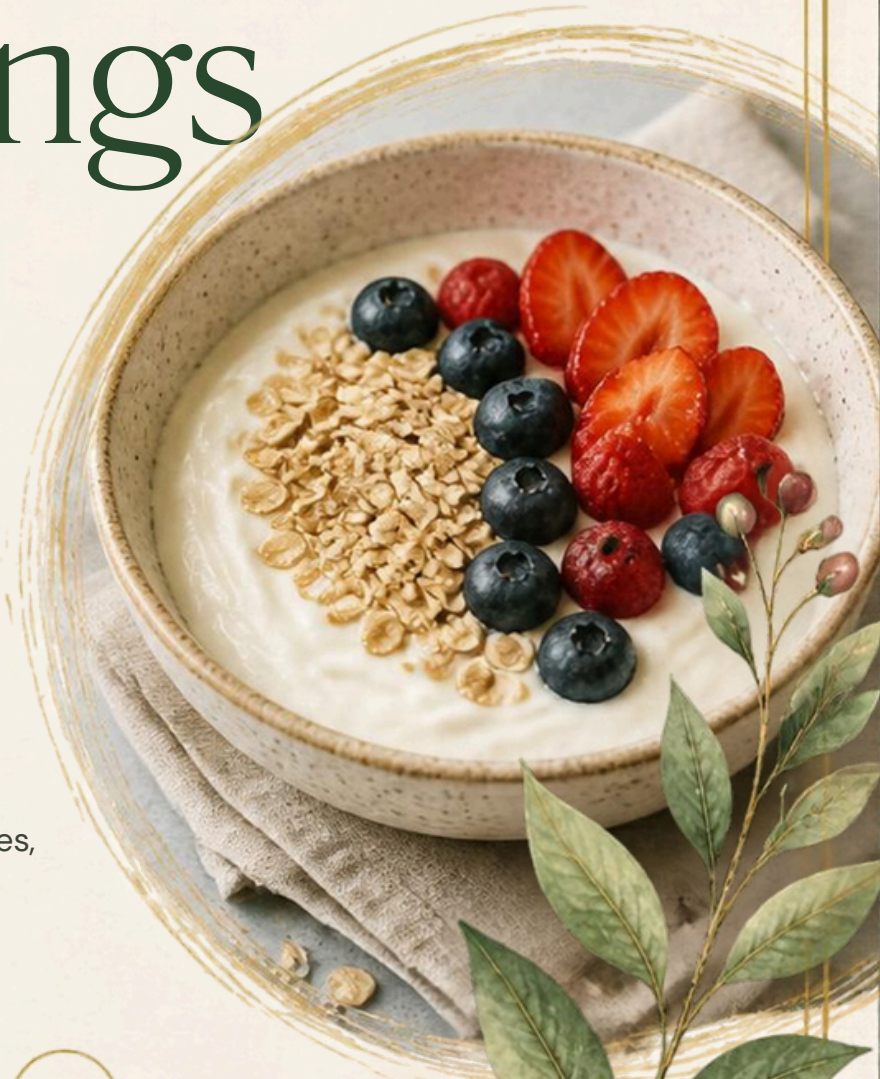
HEALING BITES BY CHANTELLE

FREE GUIDE | 02

5 Breakfasts for Busy Mornings

Simple ideas, flexible ingredients, and permission to keep breakfast easy.



These are starting portions for one person. Adjust amounts, add sides, or change ingredients for your appetite, allergies, preferences, and care plan.

1. Berry yogurt bowl | 3 minutes



Spoon 3/4 cup plain Greek yogurt into a bowl. Add 1/2 cup berries and 1/3 cup oats or cereal. Add cinnamon if you like.

Swap: Use fortified soy yogurt or a yogurt you enjoy. Protein content varies by product.

2. Vegetable egg toast | 10 minutes



Scramble 2 eggs with 1/2 cup chopped spinach and bell pepper in a little olive oil until the eggs are firm. Serve with whole-grain toast and fruit. Season to taste.

Swap: Use crumbled tofu instead of eggs and heat through.

3. Banana overnight oats | 5 minutes + overnight



Mix 1/2 cup oats, 1/2 cup milk or fortified soy beverage, and 1/4 cup yogurt in a covered container. Refrigerate overnight. Add sliced banana and cinnamon in the morning.

Shortcut: Make warm oatmeal instead, following package directions.

BREAKFASTS 4 + 5

Keep a simple backup

A breakfast you can manage is a useful breakfast.

4. Black bean breakfast wrap | 8 minutes

Warm 1/3 cup drained canned black beans. Add 1 scrambled egg, 2 tablespoons salsa, and a handful of spinach to a whole-grain tortilla. Roll and serve. Season to taste.

Swap: Replace the egg with extra beans or tofu. Add cheese if you enjoy it.



5. Avocado, egg & fruit plate | 10 minutes

Mash 1/4 to 1/2 avocado onto whole-grain toast. Top with a cooked egg and serve with fruit. Season to taste.

Shortcut: Use a ready-cooked egg, or add white beans instead.



Make mornings easier

Choose two breakfasts for the week. Wash fruit, keep a familiar backup on hand, and use frozen produce or ready-cooked ingredients when helpful. Repeating a favorite is fine.

My two breakfast choices this week:

Food care: Keep yogurt, eggs, and prepared oats refrigerated. Cook eggs until firm. Refrigerate perishable foods promptly, within 2 hours or within 1 hour above 90 F. Follow product storage directions.

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YOUR SHOPPING LIST

Shop for your choices

Choose only the ingredients for the breakfasts you plan to make. Check your kitchen first.

Produce

- [ ] Berries, bananas, fruit of choice, spinach, bell pepper, avocado.

Protein & refrigerated items

- [ ] Eggs or tofu, plain Greek yogurt or preferred alternative; milk or fortified soy beverage.

Grains & pantry

- [ ] Oats, whole-grain bread, whole-grain tortillas, canned black beans, cereal if using, salsa, olive oil, cinnamon, and preferred seasonings.

What I already have:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

What I need to buy:

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Make substitutions that fit you. Use gluten-free grains if needed, choose alternatives for food allergies, and follow the guidance you have received for any medical nutrition needs.

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General wellness education, not individualized nutrition treatment or counseling. Adapt ideas to your needs and any care plan you follow.

Explore more:
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