

YES

Hey!

DID YOU HAVE BREAKFAST?

NO

ARE YOU HUNGRY AGAIN BEFORE YOUR FIRST CLASS STARTS?

YES

NO

DID YOUR BREAKFAST HAVE FOODS FROM THE 3 CATEGORIES?

- VEGETABLES & FRUITS (LIKE BERRIES, APPLE, SPINACH, TOMATOES)
- PROTEIN FOODS (LIKE MILK, YOGURT, KEFIR, CHEESE, NUTS, SEEDS, EGGS, LEAN MEATS)
- WHOLE GRAIN FOODS (LIKE OATMEAL, WHOLE-WHEAT TOAST)

YOU SHOULD HEAR MY STOMACH

IT'S LOUD!

YES

NO

TRY THIS RECIPE FOR BREAKFAST TOMORROW

EASY DOES IT!
EAT SLOWLY AND ENJOY YOUR FOOD - IT HELPS YOUR BODY RECOGNIZE IF YOU HAVE EATEN ENOUGH

BUT I DOWNED IT IN 2 SECONDS

AND I ATE BREAKFAST SLOOOOWLY

NICE!
THAT'S THE WAY TO START THE DAY!

I DIDN'T HAVE time

YOU NEED A BREAKFAST THAT'S READY WHEN YOU ARE!

READ THIS!

I WASN'T REALLY HUNGRY

OKAY, BUT LEARNING IS MUCH BETTER ON A FULL STOMACH,

right?

OVERNIGHT OATS

APPLE SPICE

PLACE ALL INGREDIENTS IN A JAR AND SHAKE IT. PUT IN THE FRIDGE OVERNIGHT AND ENJOY!

WHAT'S IN IT?



A COMPLETE BREAKFAST SHOULD INCLUDE FOODS FROM THESE 3 CATEGORIES:

- VEGETABLES & FRUITS (LIKE BERRIES, APPLES, SPINACH, TOMATOES)
- PROTEIN FOODS (LIKE MILK, YOGURT, KEFIR, CHEESE, NUTS, SEEDS, EGGS, LEAN MEATS)
- WHOLE GRAIN FOODS (LIKE OATMEAL, WHOLE-WHEAT TOAST)

HERE'S AN IDEA...

Make breakfast in a jar!
IT'S NUTRITIOUS, EASY, AND BTW YOU MAKE IT THE NIGHT BEFORE SO IT'S READY TO EAT THE MINUTE YOU WAKE UP!