



# HEALTHY MENU FOR BREAKFAST

Start Your Day with Nutritious and  
Delicious Choices



## 01. Greek Yogurt Parfait

Greek yogurt contains high protein which is good for building muscle and keeping you full longer. Make a parfait with layers of yogurt, granola, and fresh fruit like mango, kiwi, or berries. This is a quick and nutritious breakfast.



## 02. Oatmeal with Fresh Fruit

Oatmeal is rich in fiber and provides long-lasting energy. Add chopped fresh fruit such as strawberries, bananas, or blueberries for extra vitamins and minerals. You can also add nuts or seeds for extra texture and protein.



## 03. Avocado Toast with Eggs

Toast with avocado and eggs is a balanced breakfast choice. Avocados provide healthy fats and fiber, while eggs provide protein. Top with chia seeds or tomato slices for added nutrition.

