



SKIPPING BREAKFAST? THINK AGAIN..

BENEFITS OF A GOOD BREAKFAST

- Gives you energy to play, learn, remember and problem solve -
- Provides your body fuel to start the day -
- Reduces overeating later in the day -

HEALTHY BREAKFAST OPTIONS

- Wholegrain cereals -
- Fruit and Veggie Smoothies -
- Boiled Eggs -
- Wholegrain toast -
- Fruit & Yogurt -

HEALTHY BEVERAGE OPTIONS

- Water -
- Smoothies -

Smoothies are a great way to keep up your Fruit and Veggie intake. LifeSmoothie provides prepped, packed and portioned frozen smoothies sachets, for a great quick and healthy beverage. Made with 100% real fruit and veg, it's a great way to fuel your body first thing in the morning.

