

Balanced Breakfast On-The-Go

Whether you're starting a shift in the ER, making rounds, or supporting patients behind the scenes, your body and mind need the right fuel. These breakfasts are packed with the energy, protein, and nutrients you need to power through the day. *A strong start leads to better care—for your patients and yourself.*



Yogurt and Fruit

- 6 oz plain Greek yogurt
- Chopped fresh fruit
- 1 tablespoon of honey
- 1/4 cup of nuts



English Toast 2 Ways

- Toasted high fiber English Muffin
- 1-2 tablespoons light cream cheese or nut butter
- For a sweet version: top with strawberries and sliced almonds
- For a savory version: top with cucumbers and tomato slices



Overnight Oatmeal

- Mix 1/2 cup old fashioned oats with 1/2 cup milk of your choice and refrigerate overnight
- In the morning, add 1/2 cup Greek yogurt and toppings of your choice, like peanut butter, honey, chia seeds, berries, etc



Whole Grain Toast

- Slice of whole grain toast
- Slices of avocado
- Hard-boiled egg



Tropical Smoothie

- 1 cup coconut milk
- 1 tablespoon flaxseeds
- 4 oz plain Greek yogurt
- 1/4 cup oats
- Half a banana
- 1/2 cup frozen pineapple