

Balanced Breakfast On-The-Go

To keep you moving at your best, you need fuel that works as hard as you do. Whether you're heading to the line, the floor, or the field, these breakfasts are packed with the energy, protein, and nutrients you need to power through your day. *A strong start means a stronger day.*



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