

WEEKLY BREAKFAST PLANNER

DAY		FOOD CATEGORY	RECIPE	FRUIT OR VEGGIE SIDE
M	MONDAY		Example: Steel Cut Oats	Example: Blueberries
T	TUESDAY			
W	WEDNESDAY			
T	THURSDAY			
F	FRIDAY			
S	SATURDAY			
S	SUNDAY			



**SUPER
HEALTHY
KIDS**

GREAT BREAKFAST FRUITS:

- Blueberries
- Strawberries
- Raspberries
- Oranges
- Clementines (Cuties)
- Bananas
- Grapefruit
- Apples

GREAT BREAKFAST VEGGIES:

- Bell Peppers
- Tomatoes
- Avocado
- Sweet Potato
- Zucchini
- Spinach