

October

2017

No-Brainer Breakfast Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sweets	Protein	Fruit	Hardboiled Egg	Grain	Cheese & Fruit	Eggs
	1	2	2	3	4	5
	Chocolate Whey Protein Shake & Banana	Handful of sliced strawberries, chopped mint & tsp agave	Hardboiled egg and ½ pink grapefruit	Slice of Wheat Toast with 1 TBSP Peanut Butter	½ cup of cottage cheese and ¼ cup of blueberries	2 Poached eggs 2 slices turkey bacon 1 sliced peach
6	7	8	9	10	11	12
Whole grain pancakes & agave	Skinny Protein Bar	1 apple sliced 1 tablespoon of peanut butter	Hardboiled egg & 1 plum	Whole grain waffle with blueberries turkey bacon & cottage	String Cheese & 1 apple	Breakfast Burrito on whole wheat tortilla with egg whites and feta
13	14	15	16	17	18	19
Whole wheat French Toast & Turkey Bacon	Chocolate Whey Protein Shake & Banana	Handful of sliced strawberries, chopped mint & tsp agave	Hardboiled egg & sliced strawberries	Fiber One Cereal with Soy Milk	½ cup of cottage cheese and ¼ cup of blueberries	Scrambled egg whites with spinach, tomato & basil
20	21	22	23	24	25	26
Whole grain pancakes & agave	Skinny Protein Bar	1 apple sliced 1 tablespoon of peanut butter	Hardboiled egg & Avocado	Oatmeal and blueberries	String Cheese & 1 apple	Healthy Pancakes (1 banana, & 3 egg whites blended) Agave syrup
27	28	29	30			
Whole wheat French Toast & Turkey Bacon	Chocolate Whey Protein Shake & Banana	Handful of sliced strawberries, chopped mint & tsp agave	Hardboiled egg and ½ pink grapefruit			

