

Breakfasts of Champions

In my perfect world, I'd start every day with a plate of syrup-drenched French toast or pancakes. But instead of consuming half a day's worth of calories before 9 A.M., I reconsider, and breakfast becomes cereal with lowfat milk and fruit. Every. Single. Day.

Sound familiar? Then, like me, you're stuck in the "it's-easy-and-healthy" rut. Defaulting to the same meal each morning cuts down on the variety of nutrients you could be eating, and the resulting boredom leaves you more apt to grab a doughnut at the office. Variety being the spice of life and all, I suggest the following:



1 Consider two convenience products from **Good Food Made Simple**. The first is a round egg patty, available in whole egg (70 calories and 4 grams of fat) and whites (35 calories and 3 grams of fat). Since it cooks up in the microwave in a little over a minute, you can have one at work on a Thomas' whole-wheat bagel thin (110 calories). The second is preportioned steel-cut oatmeal. It's less processed than regular oats, so the texture is better. Available in four flavors (150-180 calories) and ready in 3 minutes, they're ideal for on-the-fly eating.



2 Have your toast and eat it too—just make sure it's whole grain. My new favorite is **Whole Food Market's** sprouted grain bread. It's absolutely delicious and has no refined flours or sugars. Just spread on some almond or cashew butter for a quick breakfast or snack.



3 To perk up the flavor of whole-grain cereal, try **Blue Diamond** almond milk or **So Delicious** coconut milk. (For extra fiber and a dose of omega-3s, sprinkle on ground chia seeds.) Both beverages make excellent smoothies too—just whirl in the blender with frozen banana slices and some berries.



4 If you need a break from your morning yogurt routine, try cottage cheese. **Friendship's** non-fat pineapple cottage cheese (110 cals per half cup, with 10 g protein) with a sprinkle of granola or chopped nuts is a satisfying protein hit. If you have an extra minute or two, make a parfait with seasonal fruit, toasted wheat germ and cottage cheese.

WHAT'S FOR DINNER?

Tuesday	Wednesday	Thursday
8/30	8/31	9/1
Stuffed Baked Portabella Mushrooms (Chef Meek's Makeover) 192 cal/serving	Creamy Bofel and Salmon 452 cal/serving	Not Fried Rice 199 cal/serving
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Ever wish a week's worth of dinner plans would just magically appear on your computer screen? **Family Circle** and **SparkPeople** have joined forces to make it possible. Choose an overall dietary preference (such as vegetarian or lower fat) and time frame (as far as a few months out) from the **Healthy Family Dinner Planner** and presto—a customized menu is created. If your family doesn't love a particular dish, simply swap the recipe with another from the database. Go to sparkpeople.com/familymeal and start planning.

FamilyCircle.com

Find more healthy ways to break out of your breakfast rut at familycircle.com/healthybreakfast