

Start Strong: Smart Breakfast Ideas

Breakfast is “kick-off” fuel for the whole day! Just like you fill your car up with gas before a road trip, it is essential that athletes fuel their bodies for the day. Starting the day without breakfast is like starting with your car on empty.

Why is a healthy breakfast essential for athletes?

- Protein builds and maintains muscle
- Dairy provides Calcium and Vitamin D to build stronger bones
- Fruit provides vitamins and minerals to fuel performance, fiber to improve digestion and fluid to hydrate the body
- Carbs give your body the energy it needs to fuel your high intensity workouts

To shape an athlete’s breakfast plate:

- $\frac{1}{3}$ high-quality protein
- $\frac{1}{3}$ whole grain carbohydrate
- $\frac{1}{3}$ colorful fruit

Breakfast is also an optimal time for a serving of dairy.



Top 5 Quick Breakfasts

- Overnight oats with milk, nuts, and berries, paired with a hard-boiled egg and fruit
- Greek yogurt parfait with granola, fruit, and nuts
- Whole wheat breakfast tacos with eggs, cheese, turkey sausage, and fruit
- Smoothie with milk, Greek yogurt, berries, banana, and peanut butter
- Peanut butter & honey toast with banana and pre-made egg cups

On the go Options

- Beef jerky, baggie of whole grain granola, and nuts with a banana
- Hard-boiled eggs, whole grain granola bar, peanut butter to-go cup, and apple slices
- Beef jerky trail mix made with nuts, seeds, dried fruit
- Granola with milk
- Peanut butter and jelly sandwich, a banana and milk
- Ready-to-drink protein shake with an apple and peanut butter to-go cup

