

Meatless Breakfast Ideas

- High fiber, whole grain cereal with lowfat milk or plain soymilk, walnuts, flax seeds and berries.
- Yogurt mixed with cereal (high fiber) for crunch, ½ banana
- Whole-wheat English muffin w/ natural peanut butter, piece of fruit
- Oatmeal with raisins and toasted walnuts, 1 cup of milk
- Open face sandwich: scrambled egg whites on top of 1 slice of whole wheat toast, sprinkle with low-fat cheese, 1 small orange
- Egg white scramble with veggies: red or green bell pepper, spinach, zucchini, and/or tomatoes, 1 slice avocado, 1 nectarine
- Omelet (> egg whites vs. yolks) prepared with vegetables (mushrooms, spinach, onion, etc.) and low-fat cheese & salsa. You can also cook eggs in a small microwave-safe dish for 1-3 minutes. Add beans for longer lasting meal.
- Whole grain waffle with natural nut butter, topped with blueberries
- Breakfast pita: ½ whole-wheat pita filled with scrambled egg whites, spinach and low-fat cheese, 1 pear
- Fruit parfait: non-fat yogurt layered with low-fat granola and fruit: blueberries, strawberries, peach slices or other fruit of choice
- Breakfast burrito: small whole wheat tortilla filled with egg whites, low-fat cheese or avocado and salsa, 1 cup of melon
- Breakfast roll up: vegetarian refried beans, low fat shredded cheese and salsa, ½ cup pineapple or mango
- French toast or waffles (whole grain, frozen available) smothered with tahini (sesame seed butter) or nut butter and small amount of all fruit jam or sliced banana, berries or peaches.
- Fresh fruit, small whole grain muffin (homemade – a bonus) with low fat milk, yogurt or soy milk

May you live long and thrive!

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- Whole wheat English muffin with tomato sauce, sliced mushrooms, spinach and melted mozzarella cheese; medium pear or seasonal fruit.
- Vegetarian sandwich on foccacia bread with low fat cheese, roasted red bell peppers, grilled Portobello mushroom, fresh basil; cup of berries on the side.
- Small baked potato/sweet potato topped with low fat chili, low fat cottage cheese *or* plain yogurt, salsa and slice of avocado. Microwave potato to save time.
- Veggie burger on a whole grain bun or pita bread with a slice of cheese, spinach or dark green lettuce, red-bell peppers, tomato, sprouts, and a slice of avocado.
- Large green salad with marinated tofu and beans (garbanzo, kidney) with low fat dressing; seasonal fruit, low-fat yogurt.
- Fresh garden salad (try prepared salad in a bag) w/plenty of vegetables and an olive or canola oil based dressing. Add seasoned tofu cubes or beans for more protein.
- Seasoned Tofu can be bought already flavored and baked or you can slice and marinate it raw in your favorite flavors, then bake it for about 45 min at 350° covered (then remove the cover and broil for 5-10 to crisp it).
- Mixed vegetable stir fry over brown rice or quinoa (w/seasoned tofu cubes for additional protein). Use frozen vegetable stir-fry mixture for less prep. Brown rice and quinoa cook well in a rice cooker. Brown rice can be purchased pre-cooked or boil in a bag or microwave. For fluffier, less sticky quinoa, cook in boiling water for 10-15 minutes and strain as you would rice.
- Soups: vegetable, split pea, black bean, chili, lentil. Add extra vegetables to improve nutritional content and remember to watch the sodium in the soup (<20% daily value for sodium/serving). Serve with whole grain crackers (like Ak-maks) topped with a little avocado. Add fresh fruit for sweet treat.
- Brown rice and black bean (if using canned beans, rinse and reheat in fresh water) burrito (in a whole wheat tortilla) with salsa, lettuce, avocado, and/or low fat cheese.
- Miso soup with cubes of tofu and chopped vegetables (to reduce prep time use vegetables that don't require cutting e.g. watercress, baby carrots, torn mushrooms, seaweed, or spinach).
- Sliced cherry or heirloom tomatoes, dash of balsamic vinegar, and chopped fresh basil on toasted whole wheat sourdough bread. Top with mozzarella, goat cheese &/or avocado.
- Slice of veggie pizza. Use whole grain crust or whole grain English muffin: top w/tomato sauce or a drizzle of olive oil, spinach leaves, low fat feta cheese, sun dried tomatoes & artichoke hearts - Use broiler/oven to heat.
- Whole wheat tortilla roll-up w/tzatziki sauce (yogurt sauce), marinated tofu & cabbage slaw

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- Hummus, cucumber & spinach in whole wheat pita bread, string cheese; fruit
- Nut butter (peanut, almond or cashew) and all-fruit spread sandwich on whole-grain bread; sliced bell peppers, medium orange and string cheese.
- Grain-based pilaf (quinoa, farro, whole wheat cous cous) with seasoned vegetables, seasoned tofu; seasonal fruit.

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