Make Time for Breakfast and Reap the Benefits!

- Increases physical energy
- Helps improve test scores and grades
- Helps with muscle building and repair
- Helps you focus more clearly and be alert at school

Protein at breakfast helps you from getting hungry so quickly

Include Protein for a Power-Packed Breakfast

- Yogurt and fruit smoothie with a granola bar
- Egg and cheese burrito with avocado and salsa
- Peanut butter on toast with milk and an apple
- Greek Yogurt 6 ounce carton
- 1 Cup of Milk
- Peanut Butter 2 Tbsp
- 2 Eggs

SOURCE:

EatMoveWin.org