

## GLUTEN-FREE BREAKFAST IDEAS



**Eating breakfast gives you a morning energy boost, helps you concentrate and focus in your classes, keeps your appetite in check and promotes a healthy body weight. It really is the most important meal of the day!**

- Nature's Path Mesa Sunrise or Perky's Crunchy Flax cereal with milk and fruit
- A container of low fat yogurt sprinkled with Udi's, Gluten Freeda or Kind granola (pack cereal in a Ziploc baggie for an on-the-go breakfast)
- Food for Life Gluten Free English muffin spread with natural peanut butter and an apple
- Boar's Head Deli sliced turkey and Swiss cheese melted on a piece of Udi's multigrain or Rudy's Gluten Free bread and a mixed greens salad with Annie's Naturals Gluten Free dressing
- Gluten-free oatmeal with milk, raisins and cinnamon
- Smoothie made with milk and/or plain yogurt, fresh or frozen fruit and ground flaxseeds
- Van's Gluten Free Toaster waffle with natural almond butter or low fat ricotta and fruit preserves
- ½ Udi's bagel topped with a thin spread of cream cheese, lox and tomato slices; add capers and onions if desired
- Food for Life Brown Rice tortilla topped with salsa, a slice of Boar's Head deli turkey and a sprinkle of cheddar cheese, toasted
- An apple, string cheese and V8 juice
- Low fat cottage cheese and fresh fruit
- Leftover brown rice, chicken and vegetables
- Cheddar cheese squares, pear slices and Mary's Gone whole grain brown rice crackers
- Egg sandwich with egg, tomato slices and avocado on a Food For Life Gluten Free English muffin or Udi's toast and an orange
- French Meadow or Food For Life tortilla spread with peanut butter, topped with banana slices and a drizzle of honey; add a sprinkle of Udi's or Gluten Freeda or Kind granola if desired
- A carton of yogurt with a few almonds or a spoon of almond butter mixed in, with a peach