

## BREAKFAST FOODS TO STOCK IN YOUR KITCHEN

Keep these breakfast foods in your cabinet and refrigerator  
and you will always be ready to start the day right

BREAKFAST FOOD	QUANTITY	COMMENT
Whole grain cereal (cold)	1-2 boxes	Read the label carefully. Watch out for high-calorie granolas.
Whole grain cereal (hot)	1-2 boxes	Cook with water, chopped apple and top with Greek yogurt for a delicious breakfast. I add "pumpkin pie" spices for added taste. Find good varieties of whole grain cereals at Trader Joe's.
Milk, soy milk or almond milk	1 container	Watch out for sweeteners in soy milk.
Eggs	1 doz	Buy organic if you can.
Eggs (hard boiled)	1 doz	Prepare boiled eggs for a super-quick grab-and-go breakfast.
Butter or butter substitute	1 lb	I use a yogurt-based substitute but also stock butter for cooking great tasting omelets for guests.
Salt and pepper	Shaker & grinder	Easiest way to season eggs.
Yogurt	1 container	Plain, whole milk Greek Yogurt is my favorite and has a higher protein content than non-Greek yogurts. Avoid yogurts with added fruits and sugar. Add your own jam or chopped fresh fruit. Whole milk yogurts are rich and so much better tasting than 2% or non-fat.
Fruit (apples, oranges, melon)	Several	Keep a fruit bowl on your kitchen counter. Apples are especially useful in the morning to add to cereals, or cut and take slices with you for a mid-morning snack. We always have apples and oranges in our kitchen. Melons are a special weekend treat.
Peanut butter or almond butter	1 jar	Unsweetened. Make sure there are no added sweeteners. Read the label!
Jam, preserves or fruit spread	1 jar	Use sparingly. Spread very thin over peanut butter or toast. Find whole fruit preserves and avoid high-sugar jellies.
Whole grain bread	1 loaf	Experiment until you find one that you really like. If whole grain is hard to find in your supermarket, talk to the manager. Bread freezes well so if you have room in your freezer you can stock an extra loaf.
Whole grain rice cake	1 container	Very useful as a substitute for toast, and will keep longer in your cabinet.
Protein powder	1 container	Add to milk (or milk substitute) for super-quick breakfast drink. Add to vegetable or fruit smoothies. Vanilla is most neutral flavor but to drink protein powder on its own, I prefer chocolate.

For more information read *Weight Control That Works: 10 Daily Habits to Lose Weight, Keep it Off & Love Your Body*