Quick Breakfast Ideas

Why is breakfast important?
- Eating breakfast is linked to better memory and concentration, lower bad cholesterol levels, and lower risks of diabetes and heart disease. Skipping breakfast makes you more likely to overeat later in the day, which increases likelihood of being overweight and having increased body fat.

Overnight Oats
If you’re finding it challenging to get up and make breakfast in the morning, why not make it the night before? With this easy recipe, just put it in the fridge the night before in a mason jar and it’s magically ready for you in the morning, no cooking required!

- ½ cup Quick Oats (such as Quaker)
- ½ cup low-fat milk or almond/coconut milk
- ¼ cup Greek yogurt (protein!)
- Optional toppings (mix and match!)
  - 1-2 tsp honey, chia seeds, peanut butter or PB2 powder for low fat option, frozen fruit, cinnamon with nutmeg and sliced apples, try peach yogurt with cinnamon for peach cobbler!

Grab & Go Options
- Banana or apple with 1 Tbsp peanut butter
- Greek yogurt with sliced fruit and granola
- Peanut butter and banana sandwich (bonus if it’s on whole grain bread!)
- Eggs in a mug: Spray coffee mug with cooking spray, add two eggs, salt and pepper and scramble with a fork. Microwave for 45 seconds, flip and microwave another 30-45 seconds. You can add spinach chopped onions, peppers or mushrooms for a healthy, quick omelet!
- Cereal in a Ziploc bag with a yogurt cup
- Think about putting a protein + whole grain + fruit or veggie
  - Greek yogurt + granola with oats + strawberries
  - Peanut butter + whole grain toast + apple slices

radfordsportsnutrition@gmail.com