EatWell: Bye Bye, Breakfast Burnout!

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MEET MARISSA

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How to Avoid Breakfast Burnout

01

Skip It!

02

Intermittent Fasting!

03

Sleep Through It!

Or...

You could sit back and check out a few easy, balanced breakfasts that are perfect for on-the-go nourishment.

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TODAY'S RECIPES

Maple Buckwheat Pancakes

Mediterranean Egg Muffins

Overnight "Grab & GO"ats

Maple Buckwheat Pancakes

Wet Ingredients

- 1 cup plain Greek yogurt
- 2 large eggs
- ¼ c milk
- 3 tbsp maple syrup
- ½ tsp vanilla extract

Dry & Cooking

- 1 cup buckwheat flour
- 1 tsp baking powder
- ¼ tsp salt
- coconut or avocado oil (for greasing)

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Oh No! Scenario

Out of Buckwheat!

The Situation

George is pumped to make his new favorite pancake recipe, but just as he reaches into the cupboard, he realizes his roommate used up the last of the buckwheat flour!

The Dilemma

His heart begins to sink.. Then he remembers he is resourceful and will find a way to turn his frown upside down!

How to navigate this?

What can he do?

Egg Muffins

Ingredients

- 9 large eggs
- ¾ cup cottage cheese (whole or 2%)
- 1 tsp garlic powder
- ¼ tsp black pepper
- ¾ cup crumbled/shredded cheese
- 1½ cups cooked veggies add-ins

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Oh No! Scenario:

The Office Temptation

The Situation

George worked hard to replenish his pancake stash only to have left them on the stool where his dog walked up and ate them all. When George walks into the office hungry, he sees his co-workers brought donuts and bagels for everyone.

The Dilemma

George really wants one, but he wants to avoid the inevitable energy crash that comes with it.

How to navigate this?

What can George do?

Overnight “Grab & GO”ats

Ingredients

- **½ cup** old fashioned oats
- **1 tbsp** chia seeds
- **Pinch** of salt
- **½ cup** 1% milk or milk alternative
- **¼ cup** plain Kefir
- **1 tsp** honey
- **½ tsp** vanilla extract

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Balanced Breakfasts & Beyond

Quick, delicious, and perfectly portioned morning options for a healthy start.

- Flax Crackers w/ Smoked Salmon
- Hard Boiled-Eggs & WW English Muffin
- Savory Cottage Cheese
- Berry & Yogurt Parfait
- Hummus & Avocado Toast
- Chia Pudding

THANK YOU, DFAS!

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