GROCERY LIST

Check out this grocery list with accompanying recipe ideas for breakfast program inspiration! Be sure to include foods from each food category every morning.

Grains
- **Whole wheat bread**
  - Grilled cheese sandwiches: [Egg In A Hole](#)
- **Whole wheat tortillas**
  - Breakfast burritos: [Breakfast Quesadilla](#)
- **Whole wheat bagels/English muffins**
  - Breakfast sandwiches
- **Oats**
  - Homemade Granola; Homemade granola bars; No Bake Energy Bites; Oatcakes; Baked Oatmeal Cups; Oatmeal Squares

Protein
- **Milk or Milk Alternative** (Almond Milk, Oat Milk, Soy Milk)
  - [Green Smoothie](#)
- **Yogurt or Yogurt Alternative** (Almond yogurt, Coconut Yogurt)
  - Yogurt Parfait; Fruity yogurt popsicles; Yogurt Bark; Fruit with yogurt dip
- **Eggs**
  - Egg Bites; Eggy Bread Kebabs; Breakfast Cups
- **Cheese**
  - Cheesy scrambled eggs; Cheddar Cheese with Apple Slices; [Cottage Cheese Fruit Bowl](#)

Fruits/Vegetables
- **Fresh Fruit** (Apples, Bananas, Oranges, Strawberries, Watermelon, Kiwi, Mango, etc.)
  - Fruit kebabs; Fruit Compote; Yogurt Filled Raspberries; Frozen Banana Treats; Berry Breakfast Smoothie; Apple Sandwiches (can substitute for nut-free butter).
- **Cereal** (Multi-grain Cheerios, Raisin Bran, Shredded Wheat, and other high fibre, low sugar cereals)
- **Crackers** (Triscuit Whole Grain Original, Wasa Whole Grain Crispbread, Mary’s Gone Crackers)
- **Whole wheat flour**
  - Homemade pancakes, Homemade waffles, Blueberry Peach Muffins
- **Beans/Lentils**
  - [Bean Breakfast Skillet; Red Lentil Porridge; Snickerdoodle Chickpea Smoothie](#)
- **Hummus**
  - Store bought or homemade
- **Ground Chicken**
  - Breakfast Bites; Chicken and Spinach Omelet
- **Peanut Butter** (or alternative - soy butter, seed butter, wow butter)
  - [Ants on a log](#)
- **Fresh Vegetables** (Cucumbers, Celery, Carrots, Broccoli, Cauliflower, Spinach, Onion, etc.)
  - Veggies and [dip; Veggie Egg Scramble; Veggie Smoothie Ideas](#)
- **Salsa**
  - Store bought or homemade