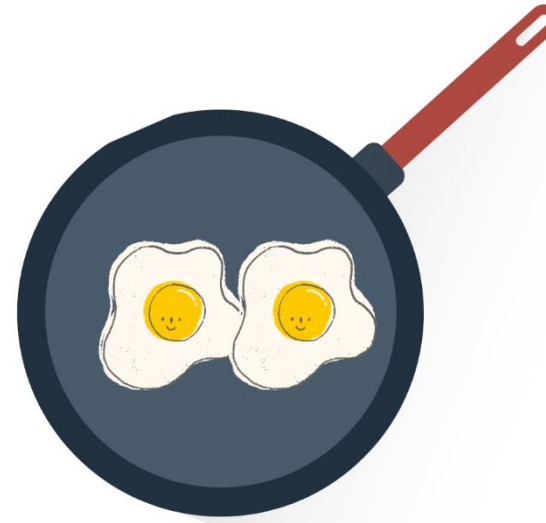


GROCERY LIST

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](#)
- 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](#)

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](#)
- 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](#)

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 \(can substitute for nut-free butter\)](#).
- Fresh Vegetables** (Cucumbers, Celery, Carrots, Broccoli, Cauliflower, Spinach, Onion, etc.)
Veggies and [dip](#); [Veggie Egg Scramble](#); [Veggie Smoothie Ideas](#)
- Salsa**
Store bought or [homemade](#)

