

# Tasty, Easy and Healthy Breakfast Ideas

You get up in the morning, rush to get ready for work, and then rush out the door without breakfast. On the way to the office your body is signaling you that it needs food, so more often than not you stop by your favorite restaurant for a breakfast take out.

Unfortunately, when it comes to being healthy, this is not a great way to start your day. It's a dilemma that many of us face each day. Either we don't make time for breakfast, or we don't choose healthy options.

Here are three tips to accomplish starting your day with a healthy breakfast:

- ◆ Make time for you. Get up 15 minutes earlier. Pack something to eat on the road or when you first get to work. Prepare it the night before if necessary.
- ◆ Eliminate food choices that are too sugary, carb-filled or too fatty.
- ◆ When choosing foods to start your day look for protein (without too much saturated fat), whole-grain carbs, low-fat dairy or soy options and don't forget to add fiber and nutrients.

Here are a few healthy choices to keep you energized throughout the morning:

- ◆ Oatmeal. A breakfast of Oatmeal, Flaxseed, Blueberries & Almonds is an excellent way to start your day with four power foods full of fiber, nutrients, protein and good fats, with only a couple of minutes of prep time. After preparing your oatmeal (the non-instant is probably the healthier choice) add ground flaxseed, frozen blueberries and sliced almonds. You can also add a little cinnamon and honey. It's very tasty!
- ◆ Cereal. Any whole-grain, high-fiber cereal is a good choice. Choose one with a high amount of protein and fiber, low sugar. Add low-fat milk or soy milk (which has 1/3 the saturated fat of 1% milk), perhaps some berries if you like.
- ◆ Scrambled tofu. Healthier than scrambled eggs. Add some onions, green peppers or other veggies, some light soy sauce or tamari, maybe some garlic powder, and black pepper, stir-fry with a little olive oil. Eat with whole-grain toast. Fast and delicious.
- ◆ Fresh berries, yogurt, granola. Get low-fat yogurt (not non-fat, often has too much sugar) or soy yogurt, cut up some berries or other fruits, add some healthy granola. Make sure when shopping for granola, you choose a brand without excess fats or sugar.
- ◆ Grapefruit with whole-wheat toast & almond butter. Add a little sugar on top of the grapefruit, and it's actually pretty good. The almond butter is healthier than peanut-butter, with lots of good protein to fill you up.
- ◆ Fresh fruit salad. Cut up some apples, melons, berries, oranges, pears, bananas, grapes ... any or all of your favorite fruits. A sweet way to start the day. Add a little lime or lemon juice to make it perfect.
- ◆ Protein Shake. Use soy or whey protein powder and blend it with low-fat milk or soy milk, some frozen blueberries, and perhaps some almond butter or oatmeal. That may sound weird, but it's actually pretty good, and pretty filling. A little ground flax seed works well too.
- ◆ Eggs with peppers. Egg whites are healthier than whole eggs. Try scrambling with a little olive oil, red and green bell peppers, maybe broccoli, onions, black pepper. This goes well with whole-wheat toast.
- ◆ Cottage cheese and fruit. Get low-fat cottage cheese and any kind of fruit, apples, citrus, berries.

Resource: [Zenhabits.net](http://Zenhabits.net)

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