



March-Breakfast Bonanza Challenge

BREAKFAST IDEAS

SUNDAY	1	2	3	4	5	Greek Yogurt Cottage Cheese Turkey Sausage Eggs
SUNDAY	8	9	10	11	12	Whole Wheat English Muffin Oatmeal Whole Wheat Bread
SUNDAY	15	16	17	18	19	Avocado Toast Protein Bars Smoothie High Protein Cereal
SUNDAY	22	23	24	25	26	Breakfast Burrito Chis Seed Pudding Peanut Butter Pancakes Tofu Scramble
SUNDAY	29	30	31			Bagel with Lox Black Bean Omelet Spinach Quiche Fruit