

## Breakfast Ideas with 45 grams of carbs

*\*items in italics contain carbohydrates*

### Anytime

These breakfast options contain good amounts of fiber, protein, vitamins and minerals.

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#### **Breakfast Burrito**

- 1 (6-inch) whole wheat/high fiber tortilla
- + 1-2 scrambled eggs
- + 1 oz low-fat cheese
- + 2 tbsp salsa
- +  $\frac{1}{4}$  cup black beans
- $\frac{1}{2}$  large banana or 1 small banana

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#### **1 English Muffin**

- + 2 tbsp peanut butter
- + 1 tbsp chia seeds
- 1 small apple

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#### **5 oz Greek or Low-Fat Yogurt**

- + 1 cup strawberries
- +  $\frac{1}{4}$  cup whole-grain granola

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#### **1 cup Original Plain Cheerios**

- +  $\frac{1}{2}$  cup blueberries
- + 1 cup milk

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#### **Breakfast Sandwich**

- + 2 slices toast
- + 1-2 eggs
- +  $\frac{1}{4}$  cup sliced avocado
- + 1 sausage patty
- 1 cup milk

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#### **1 cup oatmeal, cooked with water ( $\frac{1}{2}$ cup dry oats)**

- + 2 tbsp peanut butter
- +  $\frac{1}{2}$  cup raspberries
- 1 cup milk

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#### **Breakfast Scramble**

- + 2 eggs, scrambled
- +  $\frac{1}{2}$  bell pepper, 2 tbsp onion,  $\frac{1}{4}$  cup mushroom, sautéed.
- +  $\frac{1}{4}$  cup cheddar cheese
- +  $\frac{1}{2}$  cup white or sweet potato, diced
- 2 small tangerines

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#### **Overnight Oats**

- +  $\frac{1}{2}$  cup dry oats
- + 1 tbsp chia seeds
- +  $\frac{1}{2}$  cup frozen strawberries
- + 1 tbsp sugar-free maple syrup
- 1 cup milk
- (Combine all ingredients and store in fridge to eat next day)

### Sometimes

Try to eat these less often, maybe 1-2 times per week or save as weekend meals

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#### **$\frac{1}{2}$ Bagel (or 1 whole Bagel Thin)**

- + 2 tbsp reduced-fat cream cheese
- + 1 tbsp sugar-free jelly

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#### **2 whole wheat waffles**

- + 2 tsp margarine
- + 4 tbsp sugar-free syrup
- +  $\frac{1}{2}$  cup blueberries

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#### **Sugar-Sweetened Cereal**

- + 1 cup cereal
- + 1 cup milk

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#### **Sweetened Instant Oatmeal Packs**

- + 1 cup milk

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#### **1 McDonald's Egg McMuffin**

- + 1% Low-Fat Milk Jug

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#### **McDonald's Bacon Egg and Cheese Biscuit**

- + Yoplait Go-Gurt

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#### **McDonald's Sausage Burrito**

- + 1 Hashbrown

The list below is carb- "free" breakfast foods that can be incorporated into any of the breakfast options. Keep in mind to limit saturated fats and sodium (foods denoted with an (!) when possible, as diabetes puts you at higher risk for developing heart disease).

- + Mustard
- + Nuts/Seeds
- + (Lite) Mayo
- + Cheese (!)
- + Turkey Sausage (!)
- + Eggs/Egg Whites
- + Bacon (!)
- + Ground turkey
- + Canadian Bacon/Ham (!)
- + Peanut/Almond/Nut Butter
- + Non-starchy vegetables (spinach, mushrooms, asparagus, bell peppers)