

CHOOSE YOUR HEALTHY BREAKFAST!

NAME	
MONTH	
WEIGHT	

SUN	MON	TUE	WED	THU	FRI	SAT

SUGGESTION FOR YOU					
OATMEAL	SALAD	NUT BUTTER	BANANA	WHEAT TOAST	EGGS
YOGURT	MILK	APPLE JUICE	COFFEE	CHEESE	HONEY
APPLE	CHIA SEEDS	BERRIES	NUTS	GREEN TEA	SANDWICH
MIX FRUITS	SMOOTHIES	GRANOLA	AVOCADO	PANCAKES	ORANGE