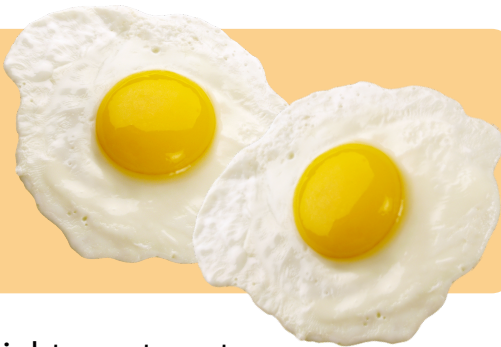


# Breakfast



**Breakfast is important for energy, focus, and mood throughout the day and can help prevent us from overeating at other meals. Eating breakfast within the first 2 hours of waking up will get these benefits!**

Breakfasts vary by culture and preference. There is no one right way to eat breakfast! Starting out with protein and fiber will set you up for success throughout the day. Like all meals, try to fit in at least three food groups.

## Some ideas for breakfasts:

**Reheat healthy leftovers:** Who said breakfast had to be one type of food? Reheat your lunch or dinner to eat for breakfast!



**Overnight oats:** Put oats in a jar and cover with the milk of your choice. Add your favorite fruits, seeds, and nuts, and eat it the following day.

**Smoothies:** Make smoothies ahead of time and freeze them for a quick breakfast. Move from the freezer to the refrigerator the night before. Customize your smoothies with your favorite ingredients. We like frozen fruit, yogurt, and spinach!



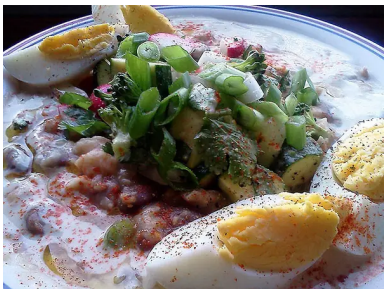
## Check out some breakfasts from around the world!



**Chilaquiles** (Mexico)



**Congee** (China)



**Foul Madamas** (Egypt)

**Solid Ground believes poverty is solvable.**

*We meet basic needs, nurture success, and spread change.*

**WEB:** [solid-ground.org/get-help/food-resources](https://solid-ground.org/get-help/food-resources)

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