

Healthy breakfast

300 CALORIES
32G CARBS
18G PROTEIN
11G FAT

Fruit:

blueberries

Vegetable:

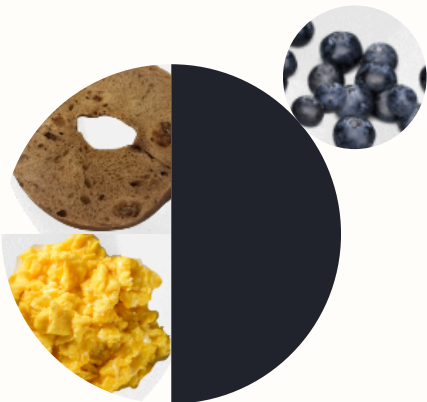
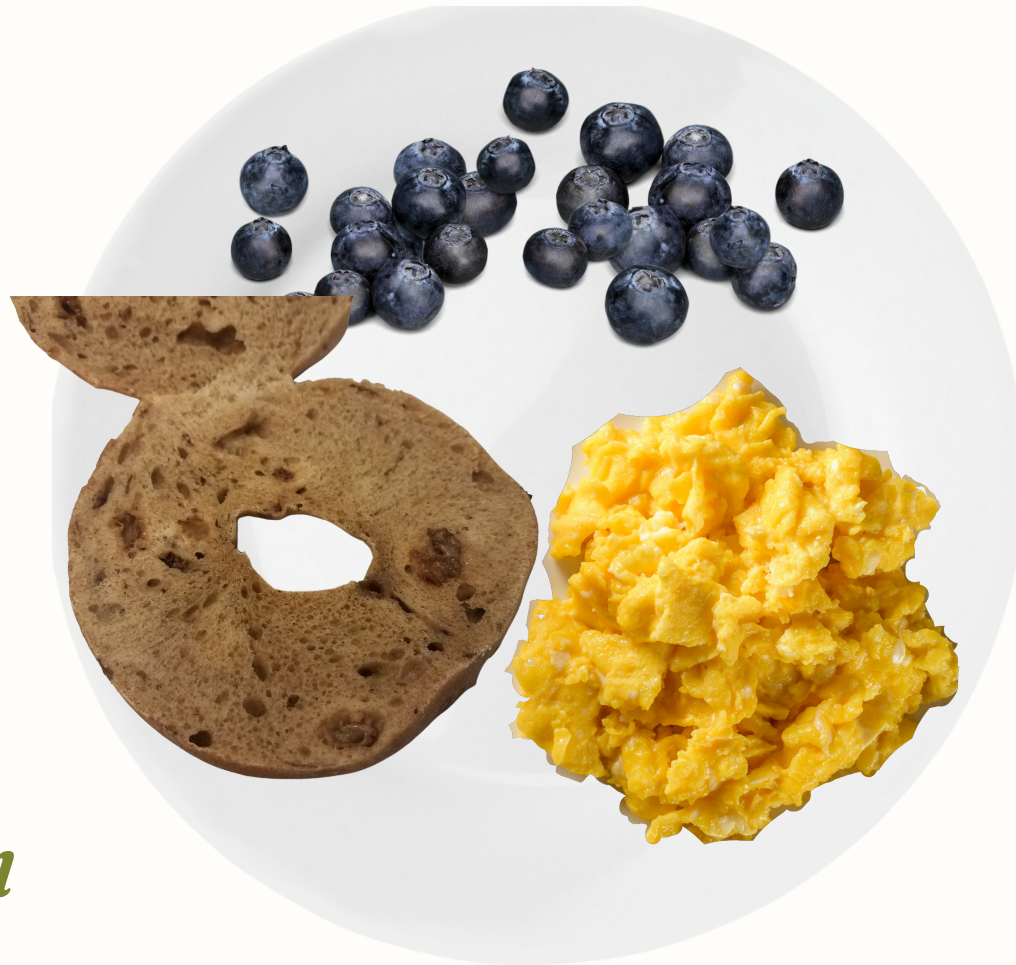
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Protein:

eggs

Whole Grain:

Whole wheat bagel



How does this fit on my native plate?

Feel free to replace these with anything you have, just always try to include all food groups! This one doesn't have a vegetable. That is common at breakfast. You can add a vegetable to the eggs or add a vegetable snack later in the day.