Breakfast Ideas for early AM practices:

**Yogurt with Strawberries & Pecans**
(packed in Tupperware or reused jar)
- 1 cup (8 oz) low fat vanilla yogurt (Mountain High low-fat or Dannon All Natural)
- ½ cup strawberries (fresh or frozen, thawed)
- 20 pecan halves
- Side snack: string cheese

**Energy Bar & Snacks**
- 1 LaraBar
- 20 almonds
- 1 oz turkey jerky
- 1 apple

**Granola with Yogurt**
- 1 package Nature Valley Oats ‘n’ Honey crunchy granola bars
- 1 cup (8 oz) low fat vanilla yogurt (Mountain High or Dannon All Natural)
- Piece of fruit
- Side snacks: 1 string cheese, 5 wheat thins with cream cheese

**Tomato, Avocado, Cheese Sandwich**
- 2 slices whole wheat bread
- 1/3 of an avocado
- 2 slices of tomato
- 2 slices of cheese (muenster, mozzarella, cheddar, swiss, or pepperjack)
- Side snack: 11 almonds and piece of fruit

**PBJ Waffles**
- 2 whole wheat/ multigrain frozen waffles, thawed or toasted
- 1 Tablespoon honey or jam
- 2 Tablespoons peanut or almond butter
- 1 chocolate milk

**Deconstructed Cereal**
- 1 cup Quaker Oatmeal Squares Cereal
- 1 cup (8 oz) chocolate milk
- 20 almonds