

WEEKDAY BREAKFAST

Basic, simple & fairly healthy ideas that you can prepare in 5 minutes or less with only a few ingredients



Oatmeal

Oats are among the healthiest grains on earth. A warm cooked oatmeal is healthy & filling. Cook quick steel cut or regular rolled oats with v-milk of choice according to package directions & throw on a generous sprinkle of ground flax, hemp & chia
Optional Toppings Include: raisins, bananas, warmed frozen or fresh mixed berries/ blueberries, walnuts, cinnamon, brown sugar



Muesli or Granola

A hearty way to start your day - will stick with you for a good portion of the morning
Choose a store bought muesli / v-Granola or DIY with a great recipe then top it with v-milk of choice
Options: fresh fruit, warmed frozen blueberries, or cut banana
Or: peanut butter & diced apples with a sprinkle of cinnamon



Power Smoothie

Smoothies are a great way to pack a lot of protein along with tasty fruits & healthy veggies
Fill blender jar with ice, almond/soy milk, generous sprinkle ground flax, hemp & chia, plant based protein powder, spinach/kale
Optional Combo: frozen banana & cocoa powder & peanut butter
Mix up Different Combos: frozen mixed berries/mangoes/pineapple/cherries, dates



Cold Cereal & Fruit or Toast with Jam

Choose your favorite v-cereal with a little health in mind, whole grains & lower sugar
Combine with v-milk of choice.
Our Favorites: Raisin Bran (great dietary fiber), Cheerios (heart healthy), plant based granolas (filling), the list goes on!
Combine with fruit or whole grain healthy toast topped with low sugar fruit spread



Nut Butter Toast

Go back to your childhood with this simple and filling quick meal
Choose a simple whole grain whole wheat toast or kick it up a notch with an Ezekial bread which has a kick of protein too!
Spread it with peanut or nut butter and top it off with a cut banana, chia and a sprinkle of cinnamon

**Always read the packaged food ingredient list to make sure it contains only Plant Based items. Many items do not carry the Vegan seal but may be Plant Based while some foods you might think are Plant Based are not.*

Printable Meal Guides

ORGANIZING
a Plant Based Life.com