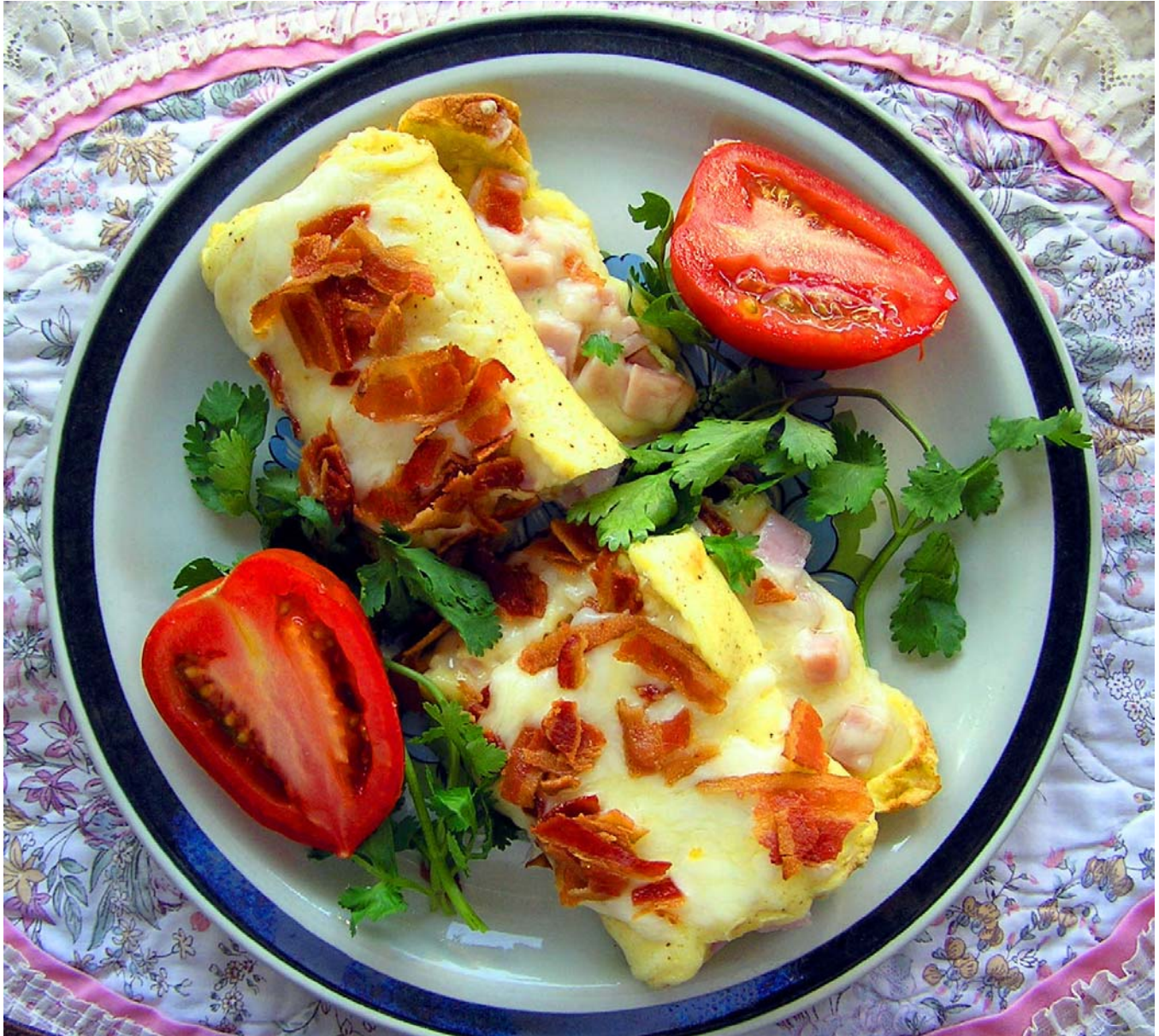


Easy Breakfast Ideas



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They say breakfast is the most important meal of the day! However, sometimes it is hard to find the TIME! Cold cereal or toast is great once in awhile, but you have to admit it gets boring too! I'm hoping this ebook will give you some tips. Be sure to grab your copy of our Breakfast Recipe Ebook as well! You can find it here:

<http://www.menuplanningcentral.com/EasyBreakfastRecipes.pdf>

This ebook is a sampling of what is included in our Menu Planning Central Memberships. Our members receive resources just like this each and every month, along with pre-made menus with grocery shopping lists and so much more! Be sure to find out all that we have to offer at www.menuplanningcentral.com/main.html

Christine Steendahl
"The Menu Mom"

Included in this Ebook:

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Back to School Breakfast

School is in full swing, and boy, those mornings sure do go fast. It is important to have a good breakfast before the start of the morning rush, but sometimes it feels like you will never be able to fit it all in. Let's take a look at some ideas to help you find time for the healthy way to start your back-to-school day.

Choose Your Breakfast

Don't let your breakfast choose you. Just because you are in a rush, you should still have the option to choose what you want to eat. Many people hit up the vending machine or stop for the loaded box of doughnut holes on their way out the door and off to school. Basically, your circumstances should not determine what you are putting into your body and just because you are in a rush out the door, doesn't mean you can't have something better suited for your hunger.

One of the big on-the-go hits are pancakes. Of course, the time to mix and cook, as well as the sticky mess that comes with the delightful taste are often a deterrent from quick morning breakfast ideas. This should not be the case, if you would have taken a few minutes to stop and plan, pancakes would have been an easy breakfast idea on the go.

Plan

It takes a little thinking ahead, but if you can come up with a good plan, there is absolutely no reason you should ever have to surrender your breakfast desires for time constraints. Your breakfast can be exactly what you want, without all the fuss. Let's take the pancake example above – if you would have mixed twice the batter and made twice the number of pancakes last time you fired up your griddle, you would have been able to store the extra pancakes in your freezer for just such a moment.

After your pancakes have cooled, you can layer them on a cookie sheet and stick them in the freezer to get an initial chill. After about two hours, they should be somewhat firm and ready to bag together for the busy morning. This helps keep the pancakes from sticking together once they are frozen solid.

Execute

Let's follow up on that busy morning and the desire for pancakes, shall we? So you are in a rush and need to grab something quick; you want pancakes, but don't have the time to make them. Then you remember that you have a bunch of frozen pancakes for this very situation. Pop a couple in the microwave or toaster for a few seconds and mix together a little peanut butter and some syrup.

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Now, you have the great protein from the peanuts, as well as the great holding power so the syrup doesn't go running down your arm when you take a bite. You have a perfect breakfast combination for that busy morning rush.

See, it doesn't take much to have what you really want for breakfast, just a simple choice, a bit of a plan and some execution to make it all come together and you are all set. Now, grab your breakfast and get going. You have to get the kids to school in less than 30 minutes.

Breakfast Ideas for Busy Moms

Either you are one, or you have one. Moms are amazing; they never seem to slow down, let up or stop. Breakfast should not only give moms the energy they need to keep up with everyone, but shouldn't slow them down either. Let's take a look at a few different ideas that can keep mom on her toes while keeping up with her pace.

Smoothies

Smoothies are a great way to start your day. They are fairly simple to make and even better to enjoy. All it takes is some high quality fresh fruit, possibly a little yogurt or milk and, well, just about anything else you want to throw in there. Many people blend in some protein powder, phytonutrients and even some vitamins.

The great thing about smoothies is that with a quick blend, you have a healthy, tasty beverage that doubles as a meal. The portability aspect of this breakfast idea is also a winner because it takes a lot to spill a smoothie on your shirt; unlike coffee.

Here is our very favorite kitchen appliance that we use almost every morning to make smoothies at our house: <http://smoothieblends.com/why-we-love-the-vita-mix> There are hundreds of smoothie recipes there too!

Frozen Ideas

Another great idea for the mom on the go is to make something in advance and freeze it. Homemade waffles (or pancakes as mentioned before) are great for this. The next time you cook breakfast, make a few extra and throw them in the freezer for safekeeping. When you realize that you are hungry minutes behind schedule getting out of the house, just pop a couple in the toaster while you put your shoes on. Voila, instant hot breakfast. Just spread with a little peanut butter and perhaps a banana and you are all set for a power-packed day.

A few other frozen ideas are biscuits and breakfast sandwiches. Many people pay lots of money for frozen biscuits, but you can freeze your own and pull them out for a quick thaw in a pinch. Those same biscuits can also be used to pre-make fantastic breakfast sandwiches,

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complete with sausage patties or even bacon. The meats used in the sandwich freeze pretty well and stay moist during the gentle warming.

Keep It Simple

The best breakfast idea for busy moms is to keep it simple. While it may not be a fancy crepe or over-stuffed omelet, a simple breakfast of yogurt, banana and a glass of OJ will go a long way. It is important to keep your breakfast well rounded, but in all honesty, sometimes the simpler the better.

We all know that the same breakfast can get old fast, so having a selection of simple, yet healthy meals is important. While a quick microwavable pouch of instant oatmeal may not be the best breakfast, by adding some fruit and a little brown sugar, you can spice that boring bowl right up. Another quick and simple morning breakfast idea is a bagel done right; with cream cheese and a bit of fruit or honey to top it off.

No matter what you decided to do, whether it is making a smoothie, grabbing something pre-frozen or spicing up a daily staple, breakfast for busy moms should be exactly that. Break. Fast.

Breakfast for Lazy Weekend

Have you ever had one of those weekends, where you want something good for breakfast, but don't feel like dirtying a bunch of dishes and taking a lot of time to fix something yummy? Let's take a look at some great breakfast ideas for those who want to enjoy their weekend rather than slave over a hot stove.

Un-Cook

If you have ever had the opportunity to travel overseas, you know exactly what I am talking about. The breakfast spreads throughout Europe are incredible; and they don't take a lot of time to prepare. In Germany, especially, the breakfast hours are mainly there to get you through to lunch. They focus more on spending time with the people they are surrounded with, rather than trying to stuff food into their face and get out of the door – the perfect lazy morning start.

The next time you head to the store, pick up a few croissants, maybe a little honey, some sliced meat – any of the hard meats will do, as well as turkey and ham – a little bit of cheese and top it all off with some grapes and a pint of yogurt. This breakfast has all of the substance that you will need and it is perfect finger food to sit and chat while munching.

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Unconventional

While a simple, un-cooked spread will peak the interest of some people, a few adrenaline junkies out there like to try new things; even when they are being lazy. If you are feeling adventurous and are up for a morning out of the house, don't choose the typical breakfast hangout; go for something new and exciting. See if there are any restaurants in your area that specialize in foreign cuisine and check if they serve breakfast. Go to the local Greek deli and pick up some of their pastries and some hummus, or perhaps stop by the French bakery and see what kind of new creations they are coming up with.

Uncomplicated

Sometimes the best lazy breakfasts come from what you already have on hand. While the well-standing favorite of college students is cold pizza, perhaps you have some rice and corn left over from dinner the night before. Mix those together in equal portions with a couple eggs and fry them up in a skillet (much like pancakes) to make an amazing fritter.

You can also do the same thing with mashed potatoes, stuffing and ham, making a bit of a nest for an egg to perch on top. Cook it on the stove and then pop it into the oven for about 10 minutes to end up with a breakfast any lazy weekender would be proud of. Take a look at what you have on hand and try out a few combinations. You will have fun and may even come up with a new favorite recipe for those lazy weekends.

Breakfast Getaway

If you have ever been sitting in your living room, wishing you were somewhere else, breakfast is the perfect time to make that imaginary getaway happen. There are so many different cultures and almost all of them do breakfast in a new and exciting way. Let's take a look at a few different cultures and how they set their tables for the morning ritual we call breakfast.

Turkey

The typical staple of a Turkish breakfast is the coffee, which everyone is familiar with. If you are not a coffee drinker, tea, served in glasses, not teacups, is a close second. For sustenance the Turkish cuisine only provides a few options for morning meals. One of the favorites is a simple loaf of bread, some softened butter and honey, which are mixed together to make a simple spread.

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Australia

Australia has a close relationship with England, so many of the breakfast foods are the familiar eggs, bacon and cereal. There are however, idiosyncratic food combinations, which make Australia unique in the breakfast category. If you are up for a taste bud challenge, try toast, topped with either spaghetti or baked beans and bacon.

China

In China, breakfast begins at an early hour and is extremely light. The typical breakfast consists of a small amount of rice, or other grain, supplemented with vegetables and sometimes meat. Fish is the most common protein in these breakfast dishes and a great way to start off the morning with a large dose Omega 3 fatty acids. While tea is the popular drink, often times there are no drink served with the meal.

Greece

Like China, breakfast in Greece is not a large meal and is typically made up of fresh fruits, fresh baked rolls and a little yogurt. Coffee is a big staple and can be ordered in three basic levels of sweetness; *sketo* without sugar, *metrio* medium sweetness, or *glyko* very sweet. While usually sweet, the coffee is never served with milk. Many people supplement breakfast with a mid-morning snack which usually includes bread, meat and cheese.

Bulgaria

A typical Bulgarian breakfast might include sesame bread, butter, cheese made from sheep's milk, honey, olives, tomatoes and, most importantly, yogurt. With one of the largest centenarian populations, Bulgarian breakfasts are typically seen as one of the healthiest and well-rounded breakfasts in the world.

There are over 190 countries in the world, which means you can try a different breakfast every day of the year and not even circle the globe twice. Take a trip from the comfort of your own kitchen and see what kind of journey a simple breakfast can take you on.

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Working Parents' Breakfast

If you are a working parent, you know how busy the mornings can get. Trying to get everyone dressed, book bags packed, lunches packed, sanity packed and get out of the door before the bulk of rush hour can lead to the no-breakfast conundrum. As studies have shown, breakfast is probably the most important part of the day because it has the only chance to wake you up and get your body's metabolism working in a positive direction right from the start. Let's take a look at a few ideas for some quick and easy breakfast ideas for working parents.

One-handed Wonder

If you are the type of person who gets kids dressed with one hand while trying to pack lunches with the other, then you know how important a free hand can be. There are plethoras of breakfast options that only take up one hand and are pretty mobile when it comes to multitasking. For the simple breakfast ideas, you can always go with the staple foods, like bagels and toast, but if you want something with a little more pizzazz, try a breakfast wrap or perhaps even make your own French toast sticks.

Another idea would be to make pancake tacos. By taking a pancake that is not all the way cool, spread some peanut butter across it, lay down a little honey, fold it in half like a taco and add some diced bananas. The breakfast is not only one handed, but it is simple, delicious and well-rounded way to start your day.

Easy Clean Up

Another big vice of working parents is a big breakfast that leaves a big mess. It is not fun to come home at the end of the day to a kitchen that looks like a tornado came through. No-mess breakfasts are great go-to ideas for working parents who are in a rush to get out the door.

These types of breakfasts can include frozen biscuits, some fruit and a cereal bar and even a breakfast burrito, if done correctly. Sure, you might have to wash a pan or two, but the trick for all of these breakfast ideas is to make something that can be transported in a paper towel or in a Ziploc baggie.

Break. Fast.

If you were to ask any working parent what the absolute must-have trait of a great breakfast is, you would probably get one word; fast. If breakfast wasn't designed for those people on the go, then it would have been called breakslow or take-a-snooze-meal. Ok, you get the point. Breakfast is meant to be a quick meal that is ready to go for those people who are constantly on the go.

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Another great idea is making a fruit medley with some apples, grapes and bananas. In the section above, we mentioned breakfast burritos; prepare the ingredients the night before and all you have to do is combine and heat. Try and think of a couple things that you can prepare the night before so that all you have to do is warm them up and enjoy.

No matter where you have to be, however quickly you have to be there, breakfast is always doable. All it takes is a little prior planning and some down-home creativity and you can serve your speedy family a great breakfast on the go.

Quick and Healthy Breakfast Ideas

Sometimes we need a quick breakfast as we run out of the door. Other times we need to spend a little while longer in the kitchen to make something extremely healthy. With today's culture, very rarely do the two time frames merge into a quick AND healthy first meal. Let's take a look at some ideas to consider while pondering this flitting idea of a quick and easy breakfast.

Get your servings

Ok, so your fried hash brown only took you a couple seconds to order and it contains potatoes; good job, you have effectively over-starched yourself while wasting money. Just because it came in a convenient package in under two minutes and has, what still somewhat resembles a vegetable doesn't make it quick and healthy. One of the hardest things to keep in mind while working in the health-on-the-go routine is making sure we get all of our daily servings.

The morning is usually the best time to get your fruits, grains and dairy in, mostly because they are portable. It is easy to drink a glass of milk and grab a banana and an orange to take with us. Perhaps we carry a Tupperware of cereal or granola, along with some yogurt to work with us, it doubles as a nice "first break" from the monotony that is bound to pile up.

Think ahead

While this is probably the most difficult thing to do, because we are usually in the moment, thinking ahead can afford you both quick and healthy breakfasts. For instance, if you were to remember the night before that you wanted fruit and nut pancakes the next morning, you could actually mix all of the ingredients and store them in your fridge overnight. In the morning, turn on your pan and let it heat up while you are putting in a little more liquid to loosen up the batter. Believe it or not, you will actually have the pancakes you desire in less than 10 minutes.

Thinking ahead can also help when it comes to getting ready. If you were to set the timer on your coffee pot, and used the delay start function on your oven, you could actually have coffee and a hash brown and ham casserole ready for you by the time you got out of the shower and were dressed.

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Use what you have

The reason why many breakfast ideas take so long to produce is because of the amount of work that needs to be done beforehand. In the last section, we talked about thinking ahead, well, this section will discuss what to do if you, like most people, forget to remember.

Say you had the best homemade stir fry last night. You threw together a ton of your favorite ingredients, such as bell peppers, onions, carrots and bamboo, and amazingly you have some uncooked ingredients left over. Now is the time to make use of the prep work you did the night before. Whip up a couple of eggs and make an omelet or a delicious egg and veggie scramble.

Corporate Breakfast Conundrum

If you lead the corporate lifestyle, you understand how difficult it can be to have a proper breakfast. Just because you are working your way up the corporate ladder, doesn't mean that you have to skip out on a great breakfast. Actually, being in the corporate world gives you a better chance to grab a healthy breakfast if you make wise decisions and do not rely solely on speed.

Better than Doughnuts

Doughnuts are quick, easy, and oh so yummy. However, those doughnuts are packed with fats, sugars and simple carbohydrates that all lead to the bottom line; your bottom line. Sure, you don't have a lot of time while running out of the door to make something healthy for yourself, but that doesn't mean you have to eat junk all day.

There are plenty of healthy options to choose from, rather than the sugar-laden doughnut. You could have just as easily grabbed a bagel from your freezer, a banana or apples and some peanut butter, or perhaps even a frozen waffle you previously made. While a donut seems good at the time, it is filled with fats and sugars that will give your metabolism a quick boost, but then drop your energy off the side of the desk as the sugar high comes crashing down.

Vindictive Vending Machine

The vending machine is another bottomless pit when it comes to corporate jobs. It is so easy to get up from your desk, reach into your pocket and get back to work with cheesy orange fingers or a look of pure chocolate bliss on your face. The vending machine is no way to get your morning meals in hand. If you are a sucker for the peanut butter crackers, bring your own from home. Pack some peanut butter along with some basic crackers and even throw in a few slices of cheese. It turns out you have a better snack than you could ever get from the machine.

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There are many options to replace your vending machine craving with simple foods from your home. Plain popcorn sprinkled with a little cheese powder can make a great snack and can be popped fresh in your office instead of sitting inside a sealed baggie for who knows how long. Your other options are packing some healthy chips or even veggies and dip to bring with instead of hitting the vending machine to cure your breakfast hunger.

Don't Forget Your Briefcase

Believe it or not, your briefcase can actually double as a highly sophisticated breakfast traveling compartment. Within the slim walls, you have the ability to carry everything you need for a completely balanced and healthy breakfast. Just think about it, you can easily toss in a cereal bar, banana and a pouch of V8. Your briefcase is a great way to store your breakfast foods while still allowing you a free hand for coffee or the paper.

Your breakfast is the most important part of your day. Even if you are in the corporate race, there is always time for a decent breakfast, whether it is a bagel from the freezer, some popcorn and pretzels or a whole spread from the comfort of your briefcase. Work should not interfere with your health and your health starts with good choices for breakfast.

Breakfast This, Not That

Breakfast is considered by many to be the most important meal of the day. This means that, depending on what you decide to eat for breakfast, can either make your day or it can hinder your performance. Let's take a look at a few types of food that you should pick above some of the all-time favorites.

Breakfast Sandwich

Breakfast sandwiches are great. They are convenient, portable and incredibly delicious. More breakfast sandwiches are sold at fast food restaurants than any other menu item during the morning rush. The fast food versions of these delicious deli creations are usually loaded with saturated fats and sodium. In order to keep the sandwiches fresh, artificial preservatives are used and the process to heat the sandwich back up is no less invasive, usually involving a deep fryer or a heat lamp.

A great alternative to this morning food is to either buy a breakfast sandwich from a deli, such as your local grocery store or bakery, or make one yourself. Either of the above choices will be fine because truly fresh ingredients will be used and the sandwich will not need to be stored for any length of time.

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Toaster Turmoil

The toaster is considered king of morning heating rituals. From the goo-filled toaster pastries to the soggy, meat and bread combinations, the toaster can cook just about anything. Make it a toaster oven and in fact, it can cook anything. The toaster does not need to be looked upon with disdain and remorse any longer. There are better ways to make use of the heat your toaster wants to provide for you.

Freezing food that you cook is a great way to make use of a toaster's heat in the morning. Frozen pancakes or waffles are a great start to your day and do not need to be pre-packaged to make it to your table. The next time you are on the hunt for a good breakfast, reach into your freezer, bypass the goo pastries and opt for a home cooked meal with a frozen pancake or waffle.

Substitutes

When you are able, try and substitute healthy foods for the not so healthy ones. For instance, instead of slathering your toasted waffles with sugary syrup, try smearing them down with peanut butter and a little honey, or perhaps some cream cheese and jelly. There are many substitutions that are just as yummy and much healthier than the typical way we, as Americans, choose to do breakfast.

Whether you are making your own breakfast sandwich, toasting up the perfect breakfast or making sure you are sticking to healthy choices, just remember there has to be a better way. Keeping your health on your mind at all times will aid in making sure you choose the right breakfast food to give you the perfect start to your day.

Breakfast That Fits

For those of us who are into fitness and health, breakfast does not need to be about eating the same thing day in and day out. You know the bland oatmeal that has no taste, or the fiber-rich cereal that feels like cardboard when it is going down; there is no need to continue down that path. Let's take a look at a few ideas to keep breakfast healthy while still keeping an eye on the waistline.

Smoothie Satisfaction

Smoothies are great ways to get the servings that you need each day while keeping a watchful eye on your waistline. To top it all off, smoothies taste great too. Where else can you have a full day's servings of fruits in one convenient glass? Believe it or not, smoothies are also a great way to get a bulk of your servings of vegetables. By adding greens to your smoothies, which do

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not have a lot of flavor, you can make a ridiculously looking green concoction, which tastes like a fruit smoothie and is loaded in vitamins and rich antioxidants.

On a warm summer morning, there is no better way to start out your day than with a deliciously chilled smoothie. Another great benefit about smoothies is that if you use any supplements, many of them can be combined into your smoothie so there is no extra flavor detected. This makes taking your vitamins and supplements a touch more enjoyable since you are overtaken with the strong fruit flavors.

I know, I had to mention them again... We truly have smoothies almost every day at our house! Here is our very favorite kitchen appliance that we use for our smoothies: <http://smoothieblends.com/why-we-love-the-vita-mix> There are hundreds of smoothie recipes on that website too! Yup, I love smoothies so much, I have an entire website dedicated to them!

Pasta Power

If you would rather have something warm to start your day, pasta is a great way to get the job done. Pasta is a complex carbohydrate, which means that it will break down over a longer period of time to form energy than sugar or simple carbohydrates will. Many cultures actually have pastas and grains for breakfast in order to provide the essential energy needed to get through the day. Whole grain pasta is what you should be grabbing.

Pasta is also very filling, much like oatmeal, so your cravings throughout the morning are substantially suppressed. The reason it is difficult to want to eat breakfast and still remain fit, is because most breakfast meals will leave you feeling hungry again by 10:00, not to mention, your body already out of energy. Pasta will help keep both of these issues in check and your waistline will stay there too.

Death before Decaf

Coffee is a well-received morning drink. Coffee, in its original state, is not bad for you. The issues arise when we add half a pound of sugar, some milk, a few squirts of caramel sauce and top it all off with whipped cream. While many people cannot take coffee in its unaltered form, a simple reduction in additives will make a huge difference in your fitness goals.

There is no reason to completely give up your creamers, sugars and other add-ons, but try cutting them in half for a week. If you are able to make it through, the full strength cup of joe will seem like you will go into a diabetic coma from the sugar overload. Don't quit cold turkey, but do try to scale down your sugar consumption over time.

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Breakfast 101: College Edition

College is an exciting time in the life of a young adult. There is much to do, much to see, and usually, not a whole lot to eat. Breakfast doesn't have to be about dusting off old packages of ramen noodles or feasting on three-day-old cold pizza. College kids can have a great breakfast even if it is in a cramped dorm room on a cold and wet day, It just takes a little imagination and a touch of creativity. Let's take a look at some ways to enjoy breakfast, even in the least-equipped situations.

No Fridge, No Stove, No Problem

Most dorm rooms come standard with at least a refrigerator these days, but hardly any, if any at all, have stoves. Amazingly, the absence of a heating device such as an oven or stove can put a damper on grandeur visions of breakfast. Not to worry, the lack of a proper kitchen never stopped anyone who truly desired a great breakfast.

You would be surprised at what you can find to cook on and within a dorm room. If you stopped and took one good look around, you could probably locate at least one proper heating source as well as numerous kitchen-like utensils. All it takes is a little improvisation and knowing what to look for and you can assemble a makeshift kitchen arrangement from just about anything. Use irons as heating elements, desk lamps to reheat food and a ruler to stir a pitcher of tea or Kool-Aid. Just use common sense – use clean utensils, and remain with your food at all times!

Dorm Room Cooking

Cooking in your dorm room is easy, if you have some basic idea of what needs to happen to the food. For instance, if you knew a grilled cheese sandwich needed to be hot and pressed, just look at what an iron can do? Just please, take note not to use the same ironing board cover you iron your clothes on for a couple of reasons; either you don't want cheese on your favorite shirt, or you don't want starch on your favorite grilled cheese sandwich. Just flip and repeat.

As for the accompanying bowl of tomato soup, just turn your desk light upside down, grab a bowl and gently set it into the cone of the lamp. Fill your bowl with soup and let it sit while you are making your sandwich. By the time you are done, your soup should be thoroughly warmed. Ramen noodles, the staple of ever college student, can even be made without the use of a microwave. Just run a pot of plain water through your coffee pot and you have instantly hot water. Let the noodles sit for 5-7 minutes and you are all set.

College Spread

There are quite a few meals you can make within the four walls of your college dorm room. Of course, they are nothing too exotic, although stir-fry is a possibility, but they will add

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sustenance to your body and can help you change up your every-day-routine. Keep your eyes open for possible tools and utensils and invest in a few simple items, such as a coffee pot, mug warmer, or even a heating element; yes, like the ones they have in the Chem. lab. Cooking in a dorm room is not difficult, but it does utilize some imagination. So grab some friends, grab some school supplies and see what you can make for dinner tonight.

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