



Breakfast At Home



Finding healthy meals you can eat at home can sometimes be a challenge but Fork Friendly is here to help! Each table below represents some of your some ingredients you may have at home and how to build a well-rounded meal. Stack ingredients to create higher or lower-calorie options depending on your hunger levels.



TIP: Use the colors to understand which food group an item belongs to.

Veggie



Protein



Fat



Carb



Dairy



Click images to find substitutes!

Breakfast Scramble



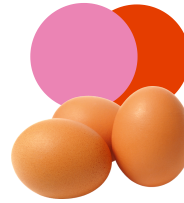
Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Scramble
	120	0	2 Large Scrambled Eggs
	110	2	3 Applegate Naturals Chicken & Maple Links
300	70	12	1 Dave's Killer Thin Sliced Bread
400	100	2	1 Tbsp Hampton Farms Healthy Living Unsalted Natural Peanut Butter
500	100	10	1 Dannon Oikos Triple 0 Yogurt
Total Carbs		26	

Light options!

Moderate options!

Complete options!

Waffle Sandwich



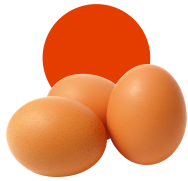
Calorie Options	Calories Per Serving	Carbs Per Serving	Waffle Sandwich
	50	1	1 Frigo CheeseHeads Light String
	60	0	2 Slices Jennie-O Turkey Bacon
	90	15	1 Kashi 7 Grain Waffle
300	120	0	2 Large Scrambled Eggs
400	100	10	1 Dannon Oikos Triple 0 Yogurt
500	90	15	1 Kashi 7 Grain Waffle
Total Carbs		31	

Chicken Breakfast Sandwich



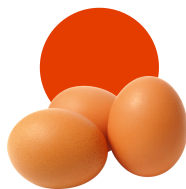
Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Breakfast Sandwich
	60	0	4 slices Oscar Mayer Slow Roasted Chicken Breast
	140	28	1 Oroweat Whole Wheat Sandwich Thin
	70	0	1 slice H-E-B 2% Milk Colby & Monterey Jack Cheese
300	40	0	1 Tbsp Kraft Avocado Oil Mayo
	6	1	1/4 cup Raw Spinach
400	90	6	1 Chobani Non-Fat Original Yogurt
500	90	2	2 Tbsp Fisher Chopped Walnuts
Total Carbs		37	

Ham & Cheese Omelet



Calorie Options	Calories Per Serving	Carbs Per Serving	Ham & Cheese Omelet
	120	0	2 Large Eggs
	60	0	1 slice H-E-B 2% Reduced Fat Milk Cheddar Cheese
	60	1	4 slices Oscar Mayer Natural Honey Uncured Ham
300	60	11	1/2 Thomas Whole Wheat Muffin
	20	10	2 Tbsp Polaner Sugar Free Strawberry Preserve w/ Fiber
400	60	11	1/2 Thomas Whole Wheat Muffin
	43	2	2 Tbsp Wonderful Natural Raw Almonds
500	80	9	1 Dannon Light & Fit Greek Yogurt Container - any flavor
Total Carbs		44	

Avocado Toast



Calorie Options	Calories Per Serving	Carbs Per Serving	Avocado Toast
	140	24	2 slices Daves Killer Thin Sliced 21 Grain Bread
	100	8	1/2 Medium Avocado Smashed
300	60	0	1 Large Egg Scrambled
400	100	10	1 Dannon Oikos Triple 0 Yogurt
	60	0	1 Large Egg Scrambled
500	45	3	3 tbsp Bob's Red Mill Whole Flaxseed
Total Carbs		45	

Breakfast Protein Wrap



Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Protein Wrap
	90	16	1 Flatout 5 Grain Flax Wrap
	25	5	1 cup Raw Spinach
	90	4	1/4 Large Avocado
	35	3	2 tbsp President Feta Fat Free Crumbles
300	30	8	1/2 small orange
400	80	6	1 cup Fairlife Fat Free Milk
500	120	5	1 scoop Vega Protein & Greens: Vanilla Protein Powder
Total Carbs		47	

Oatmeal Breakfast



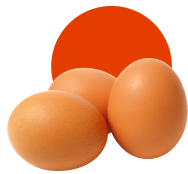
Calorie Options	Calories Per Serving	Carbs Per Serving	Oatmeal Breakfast
	100	19	1 Quaker Instant Original Oatmeal Package
	30	1	1 cup Blue Diamond Almond Breeze Original Unsweetened Milk
	90	2	2 Tbsp Fisher Chopped Walnuts
300	60	15	2 Tbsp Raisins
400	90	0	3 slices Jennie-o Turkey Bacon
500	70	12	1 slice Dave's Killer 21 Grain Thin Sliced Bread
Total Carbs		49	

Bagel & Cream Cheese



Calorie Options	Calories Per Serving	Carbs Per Serving	Bagel & Cream Cheese
	100	20	1 Pepperidge Farms Whole Wheat Mini Bagel
	45	5	3 tbsp H-E-B Fat Free Cream Cheese
300	160	5	1 Premier Protein Shake
	60	7	1/4 cup Breakstone's Honey Vanilla Cottage Cheese
400	43	2	1 tbsp Wonderful Natural Raw Almonds
	60	15	1/2 Large Grapefruit
500	43	2	1 tbsp Wonderful Natural Raw Almonds
Total Carbs		56	

Breakfast Tacos



Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Tacos
	120	0	2 Large Scrambled Eggs
	105	23	1/2 cup Bush's Reduced Sodium Black Beans
	50	14	2 Mission Zero Net Carb Tortillas
300	40	2	1/4 cup H-E-B Fat Free Shredded Mozzarella
400	90	4	1/4 Large Avocado
500	60	15	1 cup cubed Watermelon
Total Carbs		58	

Toast & Cottage Cheese



Calorie Options	Calories Per Serving	Carbs Per Serving	Toast & Cottage Cheese
	140	24	2 slices Daves Killer Thin Sliced 21 Grain Bread
	90	4	3 tbsp Justin's Maple Almond Butter
300	60	15	1/2 Banana
	40	3	1/4 cup Kroger Fat Free Cottage Cheese
400	52	3	1.5 tbsp Bob's Red Mill Chia Seeds
500	100	10	1 Dannon Oikos Triple 0 Yogurt
Total Carbs		59	

Green Protein Smoothie



Calorie Options	Calories Per Serving	Carbs Per Serving	Green Protein Smoothie
	120	5	1 scoop Vega Protein & Greens: Vanilla Protein Powder
	80	6	1 cup Fairlife Fat Free Milk
300	60	14	1/2 H-E-B Blendables Green Fuel pouch
400	90	4	1/4 Large Avocado
500	100	18	1/4 cup Quaker Simply Granola Oats, Honey & Almonds
Total Carbs		60	