



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.



Carb



Non-starchy
Veggie



Protein



Fat



Fruit

Egg & Sausage Scramble

Click images to
find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Egg & Sausage Scramble
	120	0	2	Large Scrambled Eggs
	110	3	3 links	Applegate Naturals Chicken & Maple Links
300	60	14	1 slice	Dave's Killer Thin Sliced Bread
400	90	4	1 Tbsp	Santa Cruz Creamy Peanut Butter
500	100	10	1 container	Dannon Oikos Triple 0 Yogurt
Total Carbs		31		

Light
options!

Moderate
options!

Complete
options!

Green Protein Smoothie



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Green Protein Smoothie
	120	5	1 scoop	Vega Protein & Greens: Vanilla Protein Powder
	80	6	1 cup	Fairlife Fat Free Milk
300	80	14	1/2	H-E-B Blendables Green Fuel
400	90	4	1/4	Large Avocado
500	100	8	1 bar	Kind Bar-Peanut Butter & Chocolate Mini
Total Carbs		37		

Savory Cottage Cheese Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Cottage Cheese Bowl
	150	12	3/4 cup	Breakstone Cottage Cheese
	70	0	1	Boiled egg
	80	4	1/4	Large Avocado
300	20	1	1/4 cup	Cherry Tomatoes-halved
400	90	15	9 pc	Blue Diamond Flax Seed Crackers
500	105	7	3 Tbsp	Sabra Classic Hummus
Total Carbs		39		

Egg-vocado Wrap



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Breakfast Protein Wrap
	70	16	1 pc	La Bandierita Carb Counter Whole Wheat Wrap
	120	0	2	Eggs, scrambled
	90	4	1/4	Large Avocado
	35	3	1/4 cup	President Feta Fat Free Crumbles
300	5	0	1 Tbsp	Clint's Hot Sauce
400	100	18	1/2 cup	Goya Low Sodium Black Beans
500	90	1	1/4 cup	Kroger Reduced Fat Mexican style Cheese
Total Carbs		42		

Peanut Butter & Banana Waffles



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Protein Waffles
	230	24	2 pc	Kodiak Blueberry Protein Waffles
300	90	4	1 Tbsp	Santa Cruz Creamy Peanut Butter
	60	15	1/2	Banana
400	20	1	1 tsp	Chia Seeds
500	90	0	3 slices	Jennie-O Lower Sodium Turkey Bacon
Total Carbs		44		

Ham & Cheese Omelet



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Ham & Cheese Omelet
	120	0	2	Large Eggs
	60	0	1 slice	H-E-B 2% Reduced Fat Milk Cheddar Cheese
	70	1	2 slices	Applegate Naturals Black Forest Uncured Ham
300	40	10	1/2 cup	Del Monte Pears, no sugar added
	10	5	1 Tbsp	Polaner Sugar Free Strawberry Preserve w/ Fiber
400	120	26	1	Thomas Whole Wheat Muffin
500	90	4	4 Tbsp	Good Foods Avocado Mash
Total Carbs		46		

Kodiak Power Flap Jacks



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Pancakes
	190	30	3 pc	Kodiak Power Flapjacks
	45	2	1/2 carton	Too Good Vanilla Yogurt
300	60	15	3/4 cup	Fresh Blueberries
400	90	0	2 Tbsp	Fisher Chopped Walnuts
500	140	0	2	Eggs, scrambled or boiled
Total Carbs		47		

Avocado Toast



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Avocado Toast
	120	28	2 slices	Daves Killer Thin Sliced 21 Grain Bread
	100	6	1/2	Medium Avocado Smashed
300	60	0	1	Large Egg Scrambled
	60	0	1	Large Egg Scrambled
400	45	11	1/2 cup	Ore Ida Diced Hash Browns
500	100	5	1 container	Yoplait Protein Yogurt
Total Carbs		50		

Loaded Oatmeal Bowl



Calorie Options	Calories Per Serving	Carbs Per Serving	Serving Size	Oatmeal Breakfast
	190	34	1/2 cup	Dry Bob's Red Mill Oats
	80	6	1 cup	Fairlife Fat Free Milk
300	60	5	2 Tbsp	PB2 Dry Peanut Powder
400	90	2	2 Tbsp	Fisher Chopped Walnuts
	60	15	2 Tbsp	Sun-Maid Raisins
500	25	0	1 Tbsp	Flaxseed (ground)
Total Carbs		62		