

# BLOOD SUGAR BALANCED FROZEN BREAKFAST

## GROCERY PRODUCTS

### CARBOHYDRATES

Breakfast foods tend to be carb heavy! All the products listed on the next page contain fewer carbs than other breakfast options. Also, they're balanced with fat, fiber, and/or protein for stable blood glucose all day.



### PROTEIN

Each product below is within the 3:1 carb to protein ratio. For every 3 grams (g) of carbs there is at least 1 g of protein.



### SATURATED FAT

Each product contains no more than 4 g of saturated fat.



### FIBER

Like protein, eating fiber with carbs promotes balanced blood glucose after meals.



### SODIUM

Each product below contains no more than 650 milligrams (mg) of sodium.





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FROZEN BREAKFAST PRODUCTS

NUTRITION FACTS

	Product	Protein (g)	Carb (g)	Sat. Fat (g)	Fiber (g)	Sodium (mg)
1	Caulipower Broccoli Cheddar Scramble	10	9	4	4	480
2	Chicken and Maple Breakfast Sausage	9	2	2	0	390
3	Egg White & Turkey Sausage Sandwich	10	16	2	1	520
4	Morning Star Sandwich	15	20	3	4	620
5	Smart Ones Ham and Cheese	19	13	3.5	1	650
6	Spinach Egg White Frittata	5	5	1	1	200
7	Veggie Chorizo Crumbles	9	6	1	5	420
8	Veggie Hot & Spicy Sausage Patties	9	3	0	1	230
9	Waffle Sliders	17	19	3	1	400
10	Wild Blueberry Protein Waffles	13	20	1	3	230