

Convenient Breakfast Options



Bowls

Under 5 g saturated fat and 600 mg sodium
***660 mg sodium**

Smart Ones

Ham & Cheese Scramble*

Cals Carb Fiber Protein

190 14 1 17

Ham & Cheese Scramble w/ Egg Whites, and Potatoes*

190 14 1 17

Cheesy Scramble with Hashbrowns

190 16 1 15

Just Crack an Egg

Smoked Ham

120 6 1 8

Jimmy Dean

Turkey Sausage Simple Scramble

150 3 0 18

Tattooed Chef

Plant Based Bacon Breakfast Bowl

380 32 3 12

Burritos & Wraps

No more than 4g saturated fat and 700 mg sodium
***730 mg sodium**

Amy's

Bean and Cheddar Cheese Burrito* Black Bean

330 47 4 12

Burrito* Gluten-Free Cheese with Beans and

290 42 5 9

Rice Burrito Non-Dairy Bean and Rice Burrito

330 52 7 10

El Monterey

Signature Sausage Cheese & Potato Burrito

290 34 1 11

Egg & Bacon Burrito

310 36 1 14

Jalapeno Egg & Cheese Burrito

280 36 1 10

Signature Egg Sausage & Cheese Burrito

290 33 1 12

Evol

Egg & Green Chile Burrito

320 45 5 12

Sausage Egg & Cheese Burrito

360 37 2 12

Red's

Turkey Sausage Egg & Cheese Burrito

370 39 1 17

Cheese & Bean Burrito

330 48 4 12

Cheesy Canadian Bacon Burrito

340 36 1 17

*Products are between 600-700 mg sodium

© Fork Friendly. All rights reserved. Materials may not be reproduced, redistributed, or translated without written permission.

Convenient Breakfast Options



Egg Bites/Frittatas

No more than 5g saturated fat and 350 mg sodium



Eggland's Best

Bacon & Cheese Egg Rounds
Sausage & Cheese Egg Rounds

Cals	Carb	Fiber	Protein
130	1	0	9
110	1	0	7

Garden Lites Veggies Made Great

Spinach Egg White Frittata

70	5	1	5
----	---	---	---

Muffins

Under 2 g saturated fat and 150 mg sodium

Garden Lite's Veggies Made Great

Banana Chocolate Chip Muffin
Blueberry Oat Muffin Double
Chocolate Muffin

Cals	Carb	Fiber	Protein
120	22	4	3
120	23	3	3
100	19	1	4

Good & Gather

Frozen GF Blueberry Muffins with Zucchini and Oats

160	23	0	2
-----	----	---	---

Sandwiches

Under 4 g saturated fat and 700 mg sodium
*5 g saturated fat

Jimmy Dean Delights

Turkey Sausage , Egg White & Cheese English Muffin*
Egg White & Cheese Honey Wheat Muffin

Cals	Carb	Fiber	Protein
260	31	2	17
230	32	2	14

Red's

Eggwich Sandwich*

190	3	0	17
-----	---	---	----

Sandwich Bro's

Chicken Melt Flatbread Sandwich

180	17	1	11
-----	----	---	----