

30 day Breakfast ideas

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- Oatmeal porridge with fruits
- Egg omelette with veggie toppings
- Tomato and lettuce sandwich
- Mixed greens smoothie
- Banana, egg, honey pancake
- Whey protein shake
- Whole grain toast+peanut butter
- Fruit platter
- Spinach Egg muffins
- Nut milk with fruits

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- Boiled eggs
- Vegetable juice
- Chia seeds pudding with honey
- Oats muffin
- Mini whole grain bagel
- Greek yogurt + berries
- Spinach, feta and egg wrap
- Homemade granola bar
- Avocado toast
- Cheese sandwich

30 day Breakfast ideas

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- Spicy Oats crepe
- Muesli + nut milk
- Egg scramble + cheese sandwich
- Garbanzo beans flour crepe
- Vegetable muffin
- Banana+peanut butter smoothie
- Almond flour pancakes + fruits
- Ezekiel bread + cheese spread
- Mixed nuts and fruits smoothie
- Overnight oats + fruits