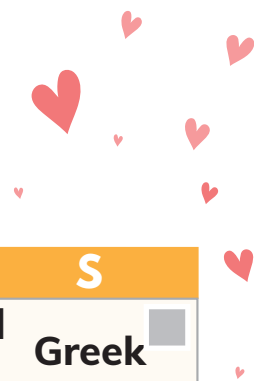


Easy Breakfasts for August



	S	M	T	W	T	F	S
2 L A S T S	30 Mango banana smoothie bowl	31 Oatmeal with fresh berries	28 	29 	30	31 S T A R T 	1 Greek yogurt with granola and blue- berries
	2 Avocado toast with scrambled eggs	3 Bagel with cream cheese & smoked salmon	4 Apple slices with almond butter	5 Greek yogurt with honey, walnuts, and pome- granate	6 Cheese & eggs English muffin sandwich	7 Toast with butter and straw- berry jam	8 Overnight oats with fresh berries
	9 Breakfast wrap with scrambled eggs	10 BLT breakfast sandwich with fried egg	11 Granola bar	12 Muesli with fresh berries	13 Ricotta toast with berries	14 Overnight banana chia pudding	15 Toasted bagel with cream cheese
	16 Banana blueberry pancakes	17 Breakfast tacos	18 Cottage cheese with blue- berries and honey	19 Straw- berry mango smoothie	20 Cereal and milk	21 Cheesy egg bites (make- ahead)	22 Egg & cheese croissant sandwich
	23 Baked eggs in tomato sauce (shak- shuka)	24 Omelet with ham & cheese	25 Overnight chia pudding with berries	26 Avocado toast with fried eggs	27 Ham & cheese English muffin sandwich	28 Spinach banana smoothie	29 Breakfast burrito