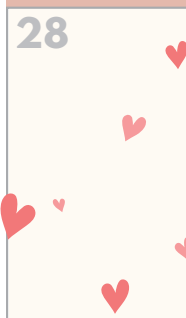


Breakfast Ideas *for July*

S	M	T	W	T	F	S
28 	29 	30	1 Peach Yogurt Parfait	2 Raspberry Peach Yogurt Parfait	3 Cereal and Milk	4 Breakfast Tacos
5 Smoked Salmon Breakfast Sandwich	6 Berry Yogurt Parfait	7 Oatmeal with Berries	8 Cherry Banana Smoothie	9 Bagel with Cream Cheese	10 Spinach & Feta Omelet	11 Smoked Salmon Omelet
12 Strawberry Banana Yogurt Parfait	13 Avocado Toast with Fried Egg	14 Bacon and Cheese Omelet	15 Yogurt Bowl with Fresh Berries	16 Smoked Salmon Croissant	17 Mango Raspberry Yogurt Parfait	18 Blueberry Pancakes
19 Mushroom & Cheese Omelet	20 Oatmeal with Mango	21 Make-Ahead Chia Pudding	22 Breakfast Burritos	23 Mango Pineapple Yogurt Parfait	24 Avocado Toast with Scrambled Eggs	25 Breakfast Wrap with Scrambled Eggs and Avocado
26 Poached Eggs in Garlic Yogurt	27 Ham and Cheese Omelet	28 Mango Banana Smoothie	29 Cottage Cheese Bowl with Fresh Fruit	30 Fresh Fig Yogurt Parfait	31 Pineapple Melon Smoothie	1  Ordinary & Happy