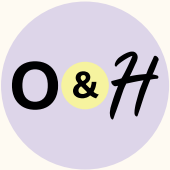


October *Breakfast* Ideas

S	M	T	W	T	F	S
27  Ordinary & Happy	28 	29 	30 	1 ☐ Oatmeal with Apples and Banana	2 ☐ Yogurt Parfait with Fruit	3 ☐ Smoked Salmon Omelet
4 ☐ Pancakes	5 ☐ Green Smoothie	6 ☐ Granola and Yogurt	7 ☐ Overnight Chia Pudding	8 ☐ Scrambled Eggs	9 ☐ Oatmeal with Seasonal Fruit	10 ☐ Slice of Frittata with Salad
11 ☐ Croissant and Fresh Fruit	12 ☐ Toasted Bagel with DIY Toppings	13 ☐ Oatmeal with Mixed Berries	14 ☐ Breakfast Burrito	15 ☐ Muesli and Yogurt or Milk	16 ☐ Apple Cinnamon Oatmeal	17 ☐ Breakfast Sandwich
18 ☐ Yogurt Parfait	19 ☐ Overnight Chia Pudding	20 ☐ Cottage Cheese with Seasonal Fruit	21 ☐ Toast with DIY Toppings	22 ☐ Banana and Almond/ Nut Butter	23 ☐ Granola Bars	24 ☐ Apple Slices and Almond/ Nut Butter
25 ☐ Yogurt Parfait	26 ☐ Granola and Greek Yogurt	27 ☐ Tropical Chia Pudding	28 ☐ Avocado Toast	29 ☐ Spinach Feta Omelet	30 ☐ Apple Slices with Cheese	31 ☐ Cinnamon Rolls