

Savory Breakfast Bowls

Savory breakfast bowls are a great way to front-load your day with veggies and nutrients. You may even notice that you crave fewer sweets later in the day when you eat a savory breakfast.

Create a hearty and satisfying breakfast bowl using this easy equation:

PROTEIN + CARB + NON-STARCHY VEGGIE + HEALTHY FAT

PROTEIN	CARB	VEGGIE	HEALTHY FAT
Eggs	Butternut Squash	Brussels Sprouts	Avocado
Ground Turkey	Potatoes	Kale	Full Fat/2% Yogurt
Sausage	Quinoa	Mushrooms	Olive Oil
Shredded Chicken	Rice	Spinach	Shredded Cheese
Tofu	Sweet Potatoes	Tomatoes	Sunflower Seeds



Photo by [Lum3n.com](https://www.pexels.com/photo/healthy-breakfast-bowl/) on [Pexels](https://www.pexels.com/).

Combination Examples:

- Sautéed Tofu + Roasted Sweet Potatoes + Chopped Kale + Sunflower Seeds
- Scrambled Eggs + Cooked Rice + Roasted Brussels Sprouts + Olive Oil Drizzle
- Cooked Sausage + Roasted Potatoes + Sautéed Mushrooms + Shredded Cheddar Cheese

Pro Tip!

Prepare a large batch of a protein, carb, veggie, and healthy fat at the beginning of the week. For example: cook ground turkey, roast potatoes, clean spinach, and shred cheddar cheese on Sunday. Assemble bowls using prepared ingredients and re-heat each morning for quick breakfasts all week long!

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