TIFFANY CHAG
NUTRITION & TRAINING

6 Breakfast Ideas

(in under 10min)

2 Hardboiled Eggs + Apple + 1 slice whole wheat toast w jam



PB & Banana Sandwich

Yogurt Parfait

Egg and cheese on an English Muffin + fruit


Smoothie: greek yogurt + fruit+ veggie + some seeds

Overnight Oats

Note: these pictures are pretty, but what you make doesn't have to be. It's why I use stock photos and not my own. :)

TCNT