

10 Creative Breakfasts for Morning Workouts

1. Egg

Apple Slices

Peanut Butter

This may seem like a strange combination, but a hardboiled egg, and apple slices with peanut butter makes for a well-rounded and nutritious meal.

2. Cottage Cheese

Blueberries

Sliced Almonds

Mix blueberries and cottage cheese for an easy breakfast. Sliced almonds add a great crunch!

3. Plain Greek Yogurt

Strawberries

Macadamia Nuts

Natural sweetness from strawberries adds plenty of flavor to plain yogurt.

4. Protein Bar

Orange

Macadamia Nuts

A well balanced breakfast to go!

5. Plain Green Yogurt

Banana

Sliced Almonds

Eat together or separately and you'll get the components necessary for a nutritious breakfast. Add some honey to the mix for sweetness.

6. Eggs

Tomato

Avocado

Make your eggs scrambled, sunny side up, or fried. Add some salsa or cheese and wrap up for breakfast on the go.

7. Ham

Spinach

Avocado

Mix up your morning breakfast with this satisfying sauté.

8. Protein Bar

Whole Grain Bread

Peanut Butter

No cooking necessary for this healthy handheld meal.

9. Egg

Whole Grain Bread

Avocado

A healthy take on the breakfast sandwich!

10. Cottage Cheese

Apple

Peanut Butter

Cottage cheese is a healthy, low-fat, high protein source.