

MY BREAKFAST RESOLUTION

Eating a good breakfast is the best way to start every day! A breakfast that includes fruits, vegetables, whole grain, good fats, dairy, and protein helps your body and mind get ready for school. So let's make a new year's resolution to eat a nutritious breakfast every morning.

Look at the breakfast options below and circle the one you'd most like to try. Then create your own breakfast item and shopping list in the answer space.



AVO-TOAST

Shopping list:

whole grain bread, avocados, pistachios, salsa, berries, cheese, eggs, and turkey



AVO-WRAP

Shopping list:

eggs, whole grain tortilla, avocados, salsa or chopped tomatoes, ham, cheese



AVO-SMOOTHIE

Shopping list:

bananas, avocados, yogurt, milk, cocoa powder



FAMILIES:

This year, make avocados part of your breakfast routine. Fresh avocados are a heart-healthy fruit. One-third of a medium avocado contributes nearly 20 vitamins and minerals, making it a delicious nutrient-dense choice. Try this recipe from Avocados from Mexico for a breakfast you and your kids are sure to love!



GREEN WONDER AVOCADO + PISTACHIO TOAST

- 1 ripe Avocados From Mexico, gently mashed
- 2 tb honey
- 2 tb dry roasted, unsalted pistachios, shelled
- 2 slices of whole grain bread, toasted

INSTRUCTIONS

Gently mash avocado. Toast whole grain bread. Spread mashed avocado on bread and drizzle with honey. Top with pistachios and enjoy!

MY BREAKFAST	Shopping list:

Now read and sign this breakfast resolution.

MY BREAKFAST RESOLUTION I pledge to eat a nutritious breakfast that includes fruit, vegetables, protein, good fats, dairy, and whole grain every day, to keep my mind and body fit and strong!

Signed, _____

