

Ideas of Breakfast Suggested by the Athletes

Fuel	Builders	Immune	Fluids
Toast	Eggs	Pear	Water
Oats	Soy milk	Blueberries	Orange juice (also a immune)
Waffles	Peanut butter	Banana	Milk (also a builder)
Rice	Fish	Melon	Water
Granola	Yogurt (can also be a fuel)	Raspberries	Water
Pancakes	Milk (also a liquid)	Strawberries	Milk
Muesli cereals	Cottage cheese	Blackberries	Milk (also a builder)
Bagel	Cheese	Apple	Water
Baked beans (can also be a builder)	Omelet	Veggies in omelet	Apple juice (also immune and fuel)

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