

12 Delicious Breakfast Ideas-

All these breakfast ideas contain 45gm CHO or less. They are perfect for any diabetic and will fit into your meal plan to help you control your blood sugars!

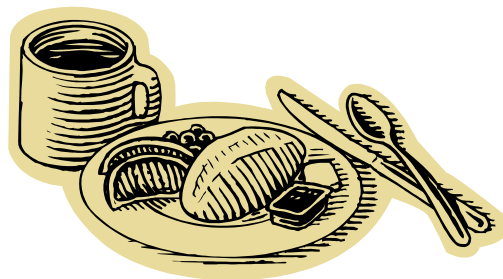


- 1- 1 medium oat muffin (15gm CHO)
½ small banana (15gm CHO)
1 cup of artificially sweetened yogurt (15gm CHO)
Water, Crystal Light, Coffee/Tea with artificial sweetener

- 2- 1 6-inch pita (30gm CHO)
½ cup of cottage cheese (0gm CHO)
½ small banana sliced (15gm CHO)
1 tbsp chopped walnuts
Water, Crystal Light, Coffee/Tea with artificial sweetener
Cut the pita in half. Divide the cottage cheese and banana between the two halves and stuff into the pita pockets. Sprinkle with walnuts

- 3- 1 slice of Coffee Cake (2") (30gm CHO)
1 fresh peach, sliced or ½ cup of no-sugar added canned peaches (15gm CHO)
½ cup of cottage cheese (0gm CHO)
Water, Crystal Light, Coffee/Tea with artificial sweetener

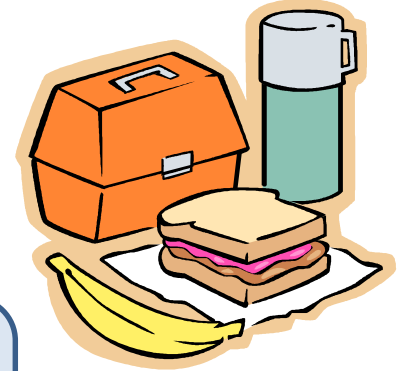
- 4- ½ cup cooked grits (15gm CHO)
1 oz turkey sausage (0gm CHO)
1 egg (cooked how you like it) (0gm CHO)
1 cup fresh cut oranges (30gm CHO)
Water, Crystal Light, Coffee/Tea with artificial sweetener



- 5- Try a Cinnamon Tortilla Pocket-
Use 2, 4-inch tortillas (30gm CHO) filled with:
¼ cup of ricotta cheese blended with
½ packet of artificial sweetener
¼ tsp of cinnamon
Spread ricotta cheese mixture down middle of tortilla and fold over four corners into a square, microwave on low for 30 seconds and enjoy.
¾ cup fresh pineapple, mango, kiwi, banana or papaya (15gm CHO)
Water, Crystal Light, Coffee/Tea with artificial sweetener

- 6- Enjoy a breakfast pita:
1 6-inch tortilla (30gm CHO), filled with
¼ cup of egg substitute scrambled with 1 tsp of margarine and
chopped onion and green pepper and topped with
1 oz of shredded part-skim mozzarella cheese
½ cup of orange juice (15gm CHO)

- 7- 2 slices of whole-wheat toast (30gm CHO) topped with
1 tsp. reduced-fat margarine with
2 tbsp sugar-free jelly
¼ cup low-fat cottage cheese mixed with
½ cup of sliced fresh strawberries (15gm CHO)
Water, Crystal Light, Coffee/Tea & artificial sweetener



- 8- 2 slices of whole grain bread (30gm CHO)
1 oz of reduced-fat cheddar cheese, grated
1 tsp. margarine
1 cup of milk or ½ cup of orange juice (15gm CHO)
Sprinkle cheese on bread and fold slices together. Spread top of bread with
margarine and place on tray in oven at 350 degrees until brown, about 10 minutes.



- 9- 1 small biscuit (30gm CHO)
2 tsp. sugar-free jelly or jam
1 cup of fat-free milk (15gm CHO)

- 10- 1 cup of oatmeal (30gm CHO) mixed with
2 tbsp. raisins (15gm CHO)
2 chopped walnuts
Artificial sweetener to taste
Water, Crystal Light, Coffee/Tea with artificial sweetener

- 11- Breakfast Parfait:
8 oz artificially sweetened yogurt (15gm CHO)
4 chopped pecan halves
½ banana (15gm CHO)
3 graham crackers (15gm CHO)



- 12- 1 English muffin (30gm CHO) sandwich with
1 egg and
2 tsp margarine
½ cup unsweetened applesauce (15gm CHO)
Water, Crystal Light, Coffee/Tea with artificial sweetener