

How to Build a Breakfast Bowl

A breakfast bowl is a versatile and delicious way to start your day. Choose sweet or savory or combine a variety of flavors to suit your taste buds. Here's a simple guide to creating the perfect breakfast bowl, step-by-step.

Anatomy

Base

- Grains: Oats, quinoa, brown rice, farro
- Greens: Spinach, kale, mixed greens
- Starches: Sweet potatoes, regular potatoes



Protein

- Eggs: Scrambled, poached, or boiled
- Meat: Lean bacon, sausage, ham, or turkey
- Plant-based: Tofu, tempeh, or beans
- Dairy: Greek yogurt or cottage cheese



Toppings

- Fruits: Berries, banana slices, apple chunks, avocado
- Vegetables: Tomatoes, bell peppers, cucumbers, carrots
- Nuts & Seeds: Almonds, walnuts, chia seeds, pumpkin seeds
- Cheese: Feta, cheddar, or parmesan



Sauces/Dressings

- Healthy Fats: Olive oil, avocado oil
- Creamy: Greek yogurt, hummus, tahini
- Sweet: Honey, maple syrup
- Savory: Salsa, hot sauce, soy sauce

