



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Great Starts

Instructions: Write down three breakfasts that you'd like to include in the school's healthy breakfast recipes booklet. You can use ideas from [TeensHealth.org](http://TeensHealth.org) or write your own. Just make sure to include quick and easy recipes that include fruit, whole grains, protein, and dairy. Then write a reminder to yourself about why it's important to eat breakfast, and hang it on your fridge at home.

PREP TIME _____ COOK TIME _____	<h1>RECIPE</h1>	<b>INGREDIENTS</b>	
		NAME _____	• • • • • • •
DIRECTIONS _____ _____ _____ _____ _____ _____ _____			



PREP TIME \_\_\_\_\_  
COOK TIME \_\_\_\_\_

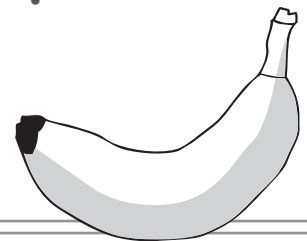
# RECIPE

NAME \_\_\_\_\_

DIRECTIONS \_\_\_\_\_  
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## INGREDIENTS

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PREP TIME \_\_\_\_\_  
COOK TIME \_\_\_\_\_

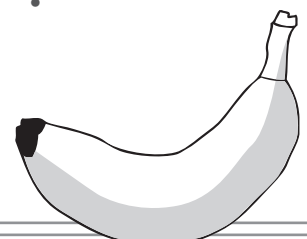
# RECIPE

NAME \_\_\_\_\_

DIRECTIONS \_\_\_\_\_  
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## INGREDIENTS

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## My top 3 reasons to eat breakfast

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

