**Power Breakfasts**

**for**

**Performance**

Breakfast Nutritional Breakdown

1 ½ cup cold cereal 480 calories

1 slice wheat toast with peanut butter 22g protein

1 orange

8oz milk

2 mini wheat bagels with peanut butter 480 calories

8oz milk 25g protein

1 banana

¾ cup cold cereal 390 calories

1 cup low fat yogurt 23g protein

1 slice of wheat toast with slice of cheese

8oz milk

1 cup cooked oatmeal 440 calories

Brown sugar and raisans 18g protein

1 banana

8oz chocolate milk

2 slices of wheat toast with peanut butter 410 calories

1 banana 16g protein

1 cereal bar 460 calories

1 apple 21g protein

Ensure

Nature Valley granola bars (2) 370 calories

Large handful of grapes 11g protein

1 string cheese

1 packet of instant oatmeal 400 calories

8oz juice 11g protein

Low fat yogurt