



No Fuss Breakfast Checklist

Make a list of your favorite breakfast foods

Stock up on your favorite breakfast staples like whole wheat bread, peanut butter, milk, and 100% fruit juice.

Prep the night before, if you can.

Try make-ahead oatmeal or breakfast burritos.

If your mornings are busy, take your breakfast to go in a transportable container or lunch box.

Mama Me Time

