

VEGETARIAN BREAKFAST NUTRITION GUIDE

Essential Food Groups & Key Nutrients for a Balanced Morning

Food Group	Example Ingredients	Key Nutrients
Whole Grains	Steel-cut oats, Quinoa, Sprouted grain bread	Complex Carbs, Fiber, B-Vitamins
Plant Proteins	Greek yogurt, Tempeh bacon, Silken tofu	Amino Acids, Calcium, Vitamin B12
Healthy Fats	Avocado, Chia seeds, Walnuts, Almond butter	Omega-3, Vitamin E, Satiety
Fresh Produce	Spinach, Berries, Grapefruit, Bell peppers	Vitamin C, Antioxidants, Potassium
Legumes	Chickpea flour (socca), Black beans, Lentils	Iron, Folate, Plant Protein

Daily Tip: Aim for at least 15-20g of protein to maintain energy levels throughout the morning.