

Whitewater Nutrition

Fill-You-Up Healthy Breakfast

This Breakfast will hold you over all morning, even if you take a late Lunch! It has high Protein, Whole Grains, and it is low in fat.

1. Take 1/2 cup Instant oats. (Pre-made packets usually add extra sugar and calories) Add water as specified on oats packaging. Microwave as directed.
2. While oatmeal is cooking, cook 2 egg whites in a non-stick pan. You can use a small amount of cooking spray if desired. Add a slice of lowfat American cheese after cooked.
3. Enjoy your eggs and Oatmeal!

Estimated Nutrition Facts:

Calories:250 Fat:6g Carbohydrates:20g Fiber:3g Protein:13g

