

# Take the 28-Day Minoomin Giizis Breakfast Challenge!

Do you think that having a well-balanced breakfast is one habit that can help you start your day off right? We do! Research shows that eating breakfast daily can improve your energy levels and help you to stay committed to eating better throughout the day. Here are some more reasons to give the breakfast habit a try:

- **Your food choices will not be driven by being overly hungry.** Let's face it: we are all capable of making poor food choices when we are overly hungry! It is especially inconvenient if the only options nearby are calorie-rich, sugary or fatty snacks. Filling your stomach with a nutritious breakfast helps you walk past those temptations with ease.
- **You are less likely to overeat at other meals.** Skipping breakfast can set you up for overeating at lunchtime and again at dinnertime. It may seem contradictory, but eating breakfast may actually help you lose weight and keep it off. Studies of people who have lost at least 30 pounds and kept it off for over a year show that [78 percent of them eat breakfast](#).
- **You get good nutrition early.** A lot of breakfast foods are packed with nutrients. Whole-grain waffles and breads offer fiber and B vitamins. Milk, yogurt and eggs offer calcium and protein. Fruit and veggies offer vitamins A and C and the mineral, potassium, and more. Even boxed sugary breakfast cereals come fortified with vitamins and minerals (even if they are not the best choice).

**For the next 28-days, we challenge you to kick each morning off with a nourishing meal! Pick the breakfast that works for you:**

# Grab and Go Ideas

*This is for you if you often skip breakfast or do not cook in the morning. Not to worry, we are going to make this challenge easy to do. You do not have to cook breakfast, but you do need to grab a few of these items next time you are at a grocery store:*

- **Whole grains:** whole-wheat bread or English muffins, whole-grain tortillas, granola, whole grain cold cereal
- **Lean proteins:** eggs (boil up some as soon as you get home), string cheese, cottage cheese, Greek yogurt, nut butter packets or a jar of nut / peanut butter divided into small containers
- **Fresh or dried fruits:** apples, bananas, berries, grapes, oranges, dried cherries, raisins, dried apricots

**Your Challenge:** Grab two items from the list above before you head out the door. Eat a healthy, no-cook breakfast at your desk

## Try the Items on the Calendar

*This is for you if you eat breakfast somewhat regularly and you like to cook in the morning. Explore the ideas on the calendar that can be made in 20 minutes or less. You are worth it! And your body will love it.*