



7 Days of Jump-Start Breakfast Ideas For Elite Soccer Players

Monday: Bowl of cereal or oatmeal topped with low-fat milk and fruit, paired with 1 cup of orange juice

Tuesday: 2 hardboiled eggs with 2 slices of whole wheat toast with jam, paired with 1 cup low-fat chocolate milk

Wednesday: 2-3 whole grain frozen waffles topped with 2 Tbsp. peanut butter and sliced banana, paired with 1 cup of low-fat milk

Thursday: Greek yogurt topped with low-fat granola and berries, with 1 cup of orange juice

Friday: Wheat bagel with 2 Tbsp. of peanut butter, paired with 1 cup of low-fat milk and 1 cup of fresh fruit

Saturday: 2 egg scramble with mushrooms, spinach, and a pinch of cheese with 2 slices of wheat toast, paired with 1 cup of low-fat milk

Sunday: Smoothie made with low-fat yogurt, fruit, 100% fruit juice with 2 slices of whole wheat toast with 2 Tbsp. of peanut butter

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