**Bacon & Spinach Omelet**

*Ingredients*
- 1 egg
- 2 egg whites
- 2 slices cooked turkey bacon, crumbled
- 1 cup baby spinach
- 1 slice whole-wheat toast
- 1 tsp. butter
- Cooking Spray

*Directions*
1. Whisk together eggs, bacon, and spinach.
2. Coat a skillet with cooking spray; cook egg mixture & serve with toast & butter.

Nutrition Information: 308 calories, 16 g total fat (5 g sat.), 16 g carb. (2 g fiber), 24 g pro.

**Honey Whipped Cottage Cheese with Melon**

*Ingredients*
- 8 ounces low-fat cottage cheese
- 1 Tbsp. honey
- ½ cup chopped cantaloupe
- ½ cup honey dew melon
- 2 Tbsp. chopped fresh fruit

*Directions*
1. In a blender, combine cottage cheese & honey until smooth. Top with melon & mint.

Nutrition Information: 289 calories, 3 g total fat (2 g sat.), 39 g carb. (2 g fiber), 30 g pro.

**Waffles with Blueberry Maple Syrup**

*Ingredients*
- 1/3 cup frozen blueberries
- 2 tsp. maple syrup
- 2 whole-grain waffles
- 1 Tbsp. pecans

*Directions*
1. Microwave blueberries & syrup together until berries are thawed (about 2-3 minutes).
2. Toast waffles & top with warm blueberry syrup. Sprinkle with pecans.

Nutrition Information: 305 calories, 14 g total fat (3 g sat.), 41 g carb. (4 g fiber), 8 g pro.

**Bagel with Cream Cheese & Tomato**

*Ingredients*
- 3 ounce small whole-grain bagel
- 2 Tbsp. low-fat cream cheese
- 2 large slices tomato
- Salt & pepper to taste

*Directions*
1. Toast bagel halves & spread with cream cheese.
2. Top each side with a slice of tomato & season with salt/pepper.

Nutrition Information: 302 calories, 7 g total fat (4 g sat.), 52 g carb. (8 g fiber), 13 g pro.

**Peanut Butter & Banana Smoothie**

*Ingredients*
- 10 ounces skim or soy milk
- 1 Tbsp. natural peanut butter
- 1 medium banana

*Directions*
1. In a blender, combine all ingredients & mix until smooth. Add 6 ice cubes for a thicker consistency.

Nutrition Information: 303 calories, 9 g total fat (2 g sat.), 45 g carb. (4 g fiber), 16 g pro.

**Peanut Butter & Banana Pancakes**

*Ingredients*
- ½ small banana, chopped
- 2 tsp. peanut butter
- 1/3 cup prepared whole-grain pancake batter
- 1 tsp. honey

*Directions*
1. Add banana and peanut butter to batter.
2. Cook pancakes & serve with honey drizzled on top.

Nutrition Information: 306 calories, 14 g total fat (3 g sat.), 41 g carb. (5 g fiber), 9 g pro.