TRADITIONAL BREAKFAST CHOICES

GUEST 1

☐ Turkey Bacon ☐ Chicken Salad
☐ Turkey Sausage ☐ Smoked Salmon

_____

☐ Pancakes w/fruit & maple syrup
☐ Waffles w/fruit & maple syrup

_____

☐ Orange Juice ☐ Grapefruit Juice
☐ Grape Juice
☐ Soy Fruit Smoothie ☐ Smoothie-no milk/soy
☐ Milk Fruit Smoothie ☐ Chocolate Smoothie
_____ (dark choc/xylitol)

☐ Fruit Salad w/nuts w/o nuts
☐ Parfait - Granola, Fruit, Soy Yogurt
☐ Parfait - Granola, Fruit, Milk Yogurt
☐ Mediterranean Salad
☐ Veggie Plate

_____

☐ Eggs 1 2 3

Egg Version Choices:

☐ Poached ☐ Fried ☐ Scrambled

(Eggs are cooked at low heat)

with/
☐ garlic ☐ red pepper ☐ mushrooms
☐ green pepper ☐ sundried tomato
☐ zucchini ☐ fresh tomato
☐ cooked herbed tomato ☐ onion
☐ artichoke hearts ☐ spinach

_____

☐ Country Potatoes ☐ Brown Rice ☐ Potato Salad

_____

☐ Whole Wheat Toast
☐ Rice/Almond Toast (Gluten-Free)

_____

☐ Cherrios ☐ Smart Start
☐ Puffed Brown Rice ☐ Hot Oatmeal

_____

☐ Milk ☐ Soy Milk (unsweetened)

_____

Dessert
☐ xylitol (natural sugar) ☐ refined sugar
☐ Cheesecake
☐ Chocolate Brownie Cookies
☐ Carrot Cake

TRADITIONAL BREAKFAST CHOICES

GUEST 2

☐ Turkey Bacon ☐ Chicken Salad
☐ Turkey Sausage ☐ Smoked Salmon

_____

☐ Pancakes w/fruit & maple syrup
☐ Waffles w/fruit & maple syrup

_____

☐ Orange Juice ☐ Grapefruit Juice
☐ Grape Juice
☐ Soy Fruit Smoothie ☐ Smoothie-no milk/soy
☐ Milk Fruit Smoothie ☐ Chocolate Smoothie
_____ (dark choc/xylitol)

☐ Fruit Salad w/nuts w/o nuts
☐ Parfait - Granola, Fruit, Soy Yogurt
☐ Parfait - Granola, Fruit, Milk Yogurt
☐ Mediterranean Salad
☐ Veggie Plate

_____

☐ Eggs 1 2 3

Egg Version Choices:

☐ Poached ☐ Fried ☐ Scrambled

(Eggs are cooked at low heat)

with/
☐ garlic ☐ red pepper ☐ mushrooms
☐ green pepper ☐ sundried tomato
☐ zucchini ☐ fresh tomato
☐ cooked herbed tomato ☐ onion
☐ artichoke hearts ☐ spinach

_____

☐ Country Potatoes ☐ Brown Rice ☐ Potato Salad

_____

☐ Whole Wheat Toast
☐ Rice/Almond Toast (Gluten-Free)

_____

☐ Cherrios ☐ Smart Start
☐ Puffed Brown Rice ☐ Hot Oatmeal

_____

☐ Milk ☐ Soy Milk (unsweetened)

_____

Dessert
☐ xylitol (natural sugar) ☐ refined sugar
☐ Cheesecake
☐ Chocolate Brownie Cookies
☐ Carrot Cake