

# TRADITIONAL BREAKFAST CHOICES

GUEST 1

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*Please pick one item from each category*

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|---|--|
| <input type="checkbox"/> Turkey Bacon   | <input type="checkbox"/> Chicken Salad |
| <input type="checkbox"/> Turkey Sausage | <input type="checkbox"/> Smoked Salmon |

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

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- Orange Juice    Apple Juice    Grape Juice  
 Fruit Smoothie    Chocolate Smoothie  
(dark raw choc/xylitol)

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- Fruit Salad w/nuts    w/o nuts  
 Parfait - Granola, Fruit, Yogurt w/whey  
 Mediterranean Salad  
 Veggie Plate

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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  
 onion    spinach    artichoke hearts

- Hardboiled eggs    Soft-boiled eggs  
 Eggs Foo Yong

*- scrambled w/bean sprouts, onion, mushroom & soy sauce*

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- Country Potatoes    Brown Rice    Potato Salad

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- Sprouted Grains Toast  
 Rice/Almond Toast (Gluten-Free)  
 Whole Wheat Tortillas  
 Fruit Muffin - *fruit preferred* \_\_\_\_\_

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- Cherrios    Kashi  
 Puffed Brown Rice    Hot Oatmeal

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- Milk    Soy Milk (unsweetened)

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Dessert

- Carrot Cake    Chocolate Brownie Cookies  
 Cheesecake    Lemon Bars