

Breakfast is served!

While the jury's still out on whether or not breakfast is the most important meal of the day, our parents did have a point (thanks, Mum and Dad!). Those who start their morning with a balanced meal are more likely to engage in healthy habits. Yet, many of us still skip it or grab the easiest choice in favour of a little extra shut-eye, getting kids ready, or the million other things thrown at us these days. No matter what's getting in the way of breakfast, step one is recognising - and accepting - that life happens. Then, we can find creative ways to reduce any blockers between us and the nutritious breakfast we deserve.

WHAT TO DO

Try one or two of these strategies to make breakfast time a breeze.



Embrace batch cooking

Cook hard-boiled eggs, overnight oats, or mini egg muffins on Sunday, and consider yourself set for the week. Search #breakfast on Connect (over 13,000 posts!) for tons of delicious recipes and ideas.

Break the "rules"

Not a fan of the usual eggs, yogurt, or granola? Have a turkey sandwich or search 'panzanella' in the WW app. (We won't tell the breakfast police. Promise.)



Prep ahead

Make a big bowl of fruit salad, enough to last a few days, so you can quickly grab some in the morning. Bonus: It's a great source of dietary fibre and antioxidants.

Nighttime hacks

Having cereal? Set up your kitchen by placing your bowl and spoon out before bed and pre-portioning your cereal. Making eggs? Put the pan and spatula ready on your hob.



Throw out the clock

Who says breakfast needs to happen first thing? If you aren't hungry when you wake up, have a 10 a.m. work and food break.



Share a picture of the breakfast ideas you try this week in your Connect Workshop Group!

**Wellness
that Works.™**