

Quick and Easy Breakfast Ideas

(with Weight Watcher Smart Points)

1. Peanut butter (3 WW SP per Tbsp.) on...



- Healthy Life Light English muffin, toasted (2 WW SP)
- Thomas Bagel Thin, Plain (3 WW SP)
- Sarah Lee Delightful, 45 Calories, wheat bread, toasted (1 WW SP)
- Quaker Salt-Free Rice cake (1 WW SP)
- Bananas, strawberries, or apples. (0 WW SP)

2. Breakfast, granola, or cereal bars.

- KIND Healthy Grains Peanut Butter dark chocolate gluten free granola bar (5 WW SP)
- Nutri-Grain Cereal Bar (5 WW SP)
- Kashi TLC chewy Dark Mocha Almond granola bar (4 WW SP)
- Quaker Chewy Chocolate Chip granola bar (4 WW SP)
- Special K Protein and Fiber Chocolately peanut butter granola bar (4 WW SP)
- Kellogg's Special K Greek Yogurt and fruit granola snack bar (4 WW SP)
- Fit & Active Blueberry with yogurt drizzle vitality cereal bar (3 WW SP)

3. Hard-boiled egg. Just 2 WW SP per egg!

4. Oatmeal.

- Nature's Path Organic Apple Cinnamon Oatmeal (5 WW SP)
- Quaker Weight Control Banana Bread instant oatmeal (4 WW SP)
- Better Oats Oat Revolution! Instant strawberries and cream oatmeal, with flax (5 WW SP)
- Better Oats OatFit, 100 calories, cinnamon roll instant oatmeal, with flax (3 WW SP)
- Weight Watchers Maple Brown Sugar flavored instant oatmeal (3 WW SP)

5. Breakfast sandwich.

- Evol Lean & Fit white kale roasted tomato and goat cheese breakfast sandwich (5 WW SP)
- Evol Lean & Fit Chicken apple sausage egg white and cheddar breakfast sandwich (5 WW SP)
- Morningstar Farms Veggie Scramble with cheese breakfast sandwich (4 WW SP)
- Kroger Egg and cheese pita pocket breakfast sandwich (5 WW SP)
- Gardein Breakfast Sandwiches, Good Start (5 WW SP)
- Lean Cuisine Morning Collection, veggie egg white English muffin (5 WW SP)
- Lean Cuisine Morning Collection, Canadian bacon English muffin (5 WW SP)

6. Raisin-Cinnamon (fill-in-the-blank) with 1 Tbsp. light, or whipped, butter (3 WW SP).

- Raisin-Cinnamon Thomas Bagel Thin (4 WW SP)
- Thomas Raisin-Cinnamon English muffin, toasted (5 WW SP)
- Pepperidge Farm Swirl Cinnamon Raisin bread (3 WW SP)
- Food For Life Ezekiel 4:9 Cinnamon Raisin English Muffin (3 WW SP)
- Alpine Valley Organic Raisin Cinnamon Whole Wheat Bread (2 WW SP)

7. Eggs with veggies.

Start with your egg. 1 egg (2 WW SP), 3 egg whites (1 WW SP), or 1/2 cup egg substitute (1 WW SP). Sprinkle with a little salt and pepper and add...

- 1/4 cup low-fat shredded cheddar cheese (1 WW SP)
- 1 Tbsp. reduced-fat goat cheese (1 WW SP)
- 1 Tbsp. reduced-fat feta cheese (1 WW SP)
- 1/2 cup Jimmy Dean Fully cooked turkey sausage crumbles (1 WW SP)
- Turkey bacon (1 WW SP per slice)
- 2 Tbsp. Fat-Free Salsa (0 WW SP)
- Tomato (0 WW SP)
- Onion (0 WW SP)
- Chives (0 WW SP)
- Bell Peppers (0 WW SP)
- Zucchini (0 WW SP)



8. Muffins.

- Vitalious VitaTops 100 calories Deep chocolate (or banana choco chip, or any flavor really) muffin tops (4 WW SP)
- Garden Lites Veggie Muffins, zucchini chocolate muffins (5 WW SP)
- Garden Lites Veggie Muffins, Carrot Berry (5 WW SP)
- Garden Lites Veggie Muffins, Blueberry Oat (5 WW SP)
- Flax4Life Muffins, flax, wild blueberry (5 WW SP)

9. Leftovers.

10. Fast Food Breakfast Ideas with Smart Points.

- Burger King egg and cheese Muffin Sandwich (7 WW SP)
- McDonald's Egg White Delight (7 WW SP)
- McDonald's Fruit 'n Yogurt Parfait (7 WW SP)
- Dunkin Donuts Egg White Veggie Wake Up Wrap (5 WW SP)
- Dunkin Donuts Ham Egg and Cheese Wake Up Wrap (5 WW SP)
- Taco Bell A.M. Grilled Taco with Egg and Cheese (5 WW SP)
- Panera Bread Power Breakfast Egg White Bowl with Roasted Turkey (3 WW SP)