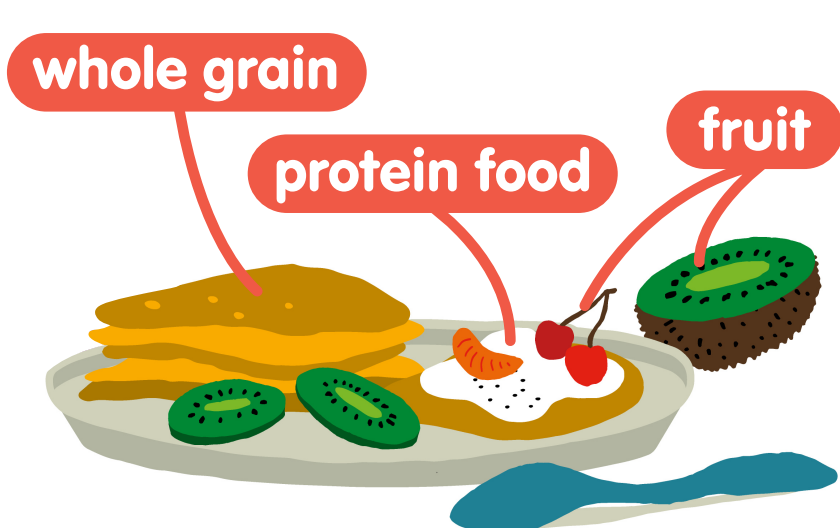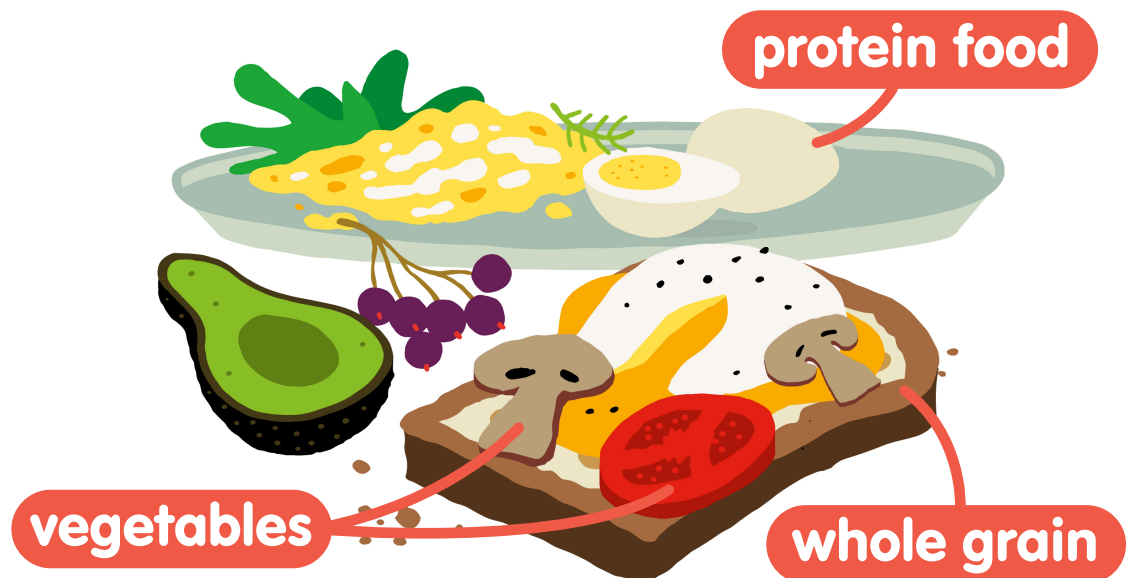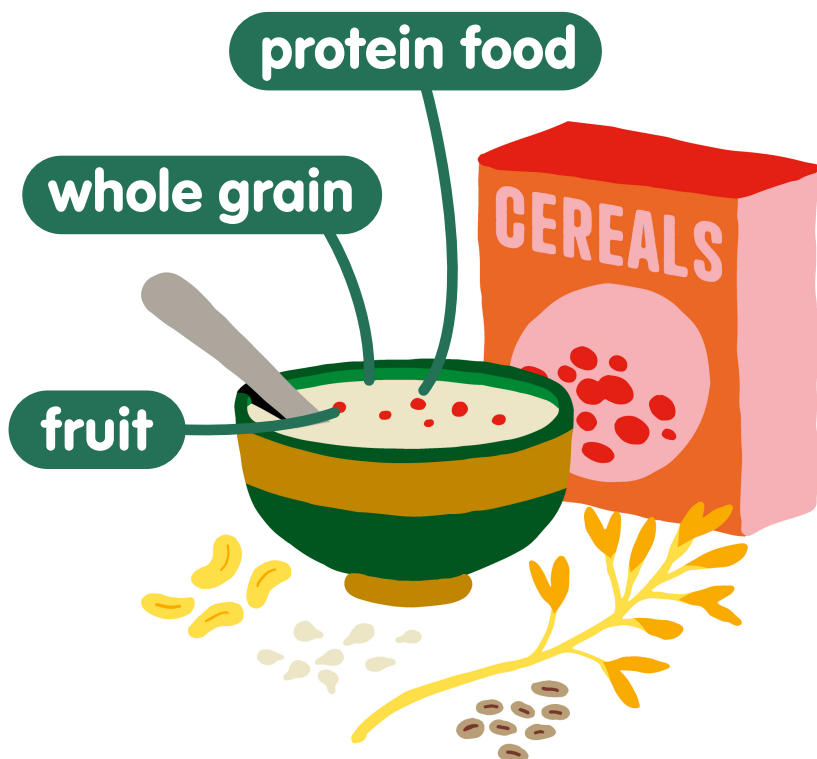# START YOUR DAY WITH BREAKFAST!

STRENGTH 2FOOD

Breakfast gives your body the energy and nutrients it needs for a proper start to the day, so try not to skip it.

Breakfast can look different for everyone but should include: a protein food, whole grains, and fruit and vegetables.

protein food

whole grain

fruit

CEREALS

protein food

vegetables

whole grain

whole grain

protein food

fruit

fruit

whole grain

protein food