

## Fast, Easy & Healthy Breakfast Recipes

### Breakfast Sandwich Builder

Makes: 1 serving

All of these breakfast sandwiches can be made ahead and frozen individually for a perfect quick and easy breakfast! Pick your favorite combination and assemble into a sandwich. Individually wrap each sandwich in plastic wrap and transfer them into a gallon sized plastic bag for storage in the freezer. When you're ready to eat your sandwich in the morning, simply take one out of the freezer, unwrap it and microwave until desired temperature (30 seconds-1 minute). Then top with your favorite veggie and extra options!

Here are some examples, but the possibilities are endless!

BREAD	EGG	PROTEIN	VEGETABLE <small>*ADD WHEN READY TO EAT</small>	EXTRAS <small>*ADD WHEN READY TO EAT</small>
1 bagel thin	Hard boiled egg, sliced	Ham	Slice of tomato	Thin slice of low fat cheese
1 whole wheat English muffin	Scrambled	2 slices of Turkey Bacon	Mushroom and spinach (scrambled with egg)	Sprinkle of grated parmesan
1 small tortilla	Egg white	1/2 cup black beans	Slices of avocado	Salsa and/or hot sauce

## MOMS ON THE MOVE

A SAMPLE WORKOUT GUIDE FROM THE HEALTHY MOM ZONE STUDY



### 2<sup>nd</sup> Trimester



#### Workout Calendar

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <sup>nd</sup> Trimester							
3 <sup>rd</sup> Trimester							
4 <sup>th</sup> Trimester							

### 2<sup>nd</sup> Trimester - Strength

- Braced Squat (2 Sets, 10-15 Reps)**
  - (a) Hold a weight plate in front of your chest with both hands, your arms completely straight!
  - (b) Lower your body as far as you can.
  - (c) Push your hips back and bend your knees.
  - Pause then slowly push yourself back to starting position.
  - You can modify the squats by placing a fitness ball behind your back and against the wall.

