

# what should I eat for breakfast?

- Bacon, Egg, and Cheese Sandwich
- Cheese Syrniki
- Cranberry Orange Muffin
- Frosted Brown
- Grape Nuts
- Greek Yogurt (Non-Fat)
- Leftover Pepperoni Pizza
- Peanut Butter Cap'n Crunch
- Shakshuka
- Sliced Fish Congee
- Swiss Museli
- Tota Cereal

