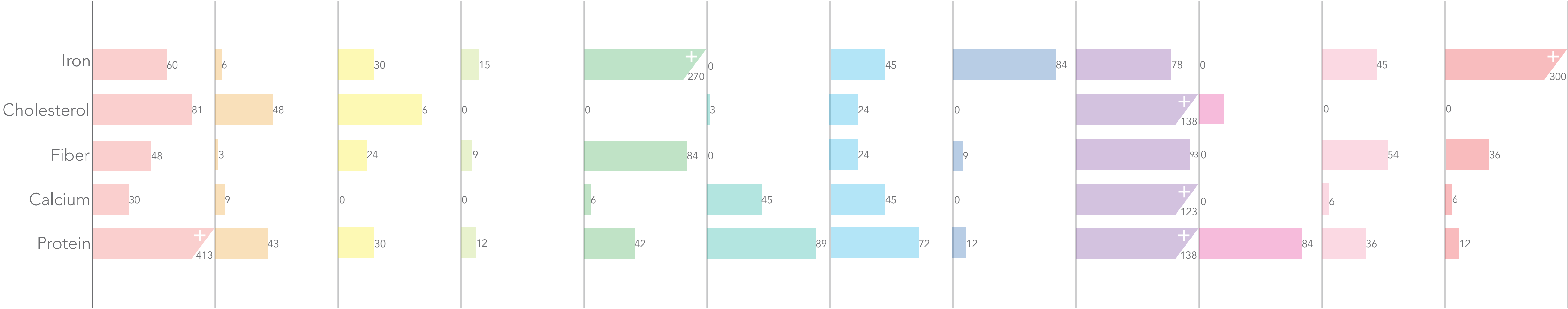


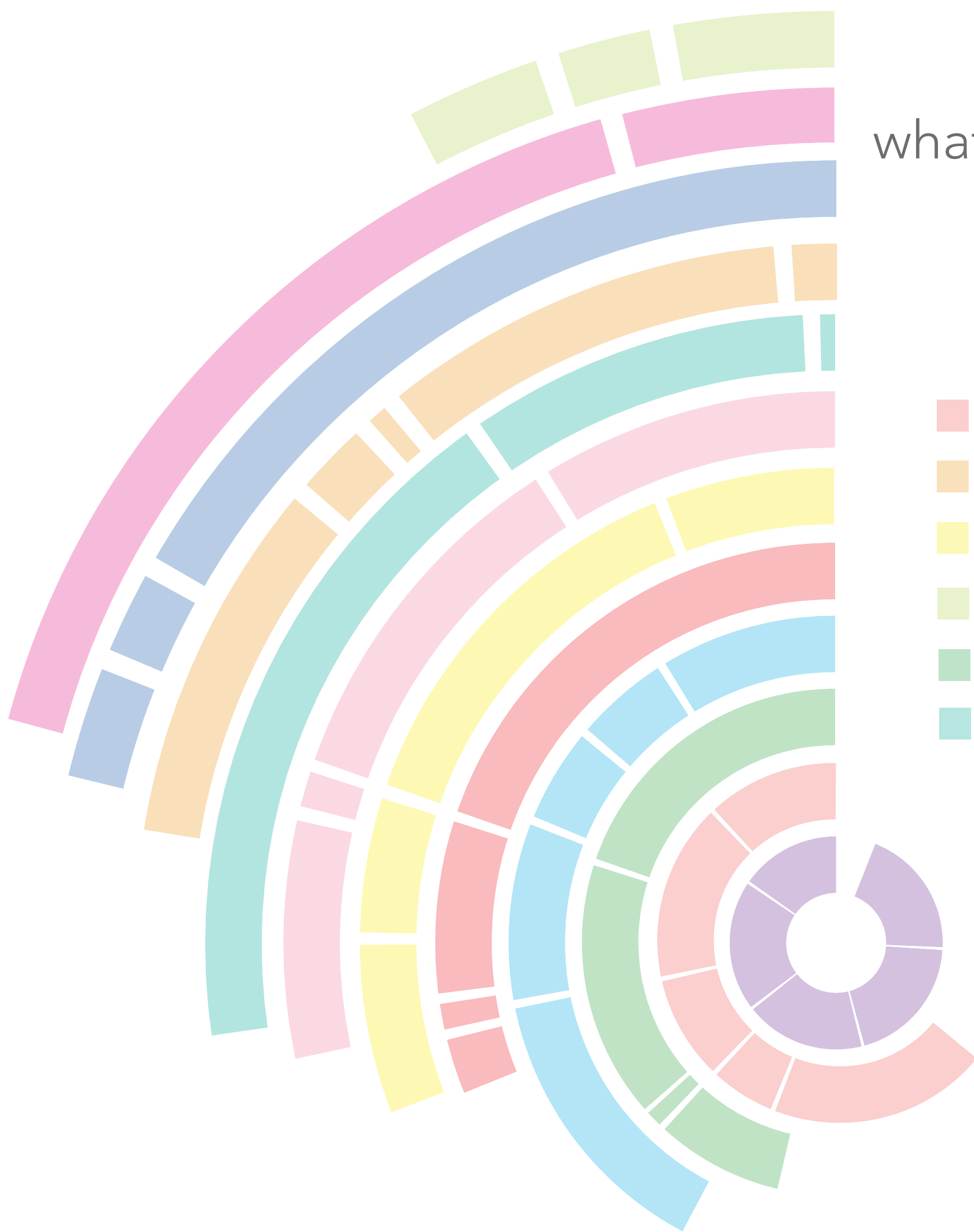
# what should I eat for breakfast?

Each column represents your 100% daily value for one meal

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



# what should I eat for breakfast?



A full circle represents 100% of  
your daily value for one meal

*for iron, cholesterol, fiber, calcium, and protein.*