



BREAKFAST PLATE

INGREDIENTS

ITEM

Hard-boiled Eggs
Low-fat Cottage Cheese
Mixed Berries
Tomato Slices

QUANTITY

2-3
½ Cup
½ Cup

SERVING SIZE

1

PREPARATION

- Arrange eggs, cottage cheese, berries, and tomato on a plate.
- Serve immediately or prep ahead for an easy grab-and-go breakfast.