



BREAKFAST PLATE

INGREDIENTS

ITEM	QUANTITY
Hard-boiled Eggs	2-3
Low-fat Cottage Cheese	½ Cup
Mixed Berries	½ Cup
Tomato Slices	

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.