

MEAL PREP MEDITERRANEAN BREAKFAST BOWL

Serving: 5

INGREDIENTS

- 5 Kirby or mini cucumbers, divided
- 1 ¼ cups cherry tomatoes, divided
- 5 peeled hard-cooked eggs, divided
- 1 ½ large (8-in) 100% whole wheat pitas, divided
- 5 (3/4 oz) slices low-fat Swiss cheese, divided
- 1 ¼ cups prepared or homemade hummus

DIRECTIONS

1. In each of 5 containers, place 1 cucumber, ¼ cup tomatoes and 1 egg.
2. Slice the 2 whole pitas in half.
3. Add 1 slice of cheese, 1 pita half and ¼ cup hummus to each bowl.
4. Cover and refrigerate for up to 5 days.

MEAL PREP TIPS

1. **Prep breakfast bowls in advance.** To help save time during a busy morning, prep several breakfast bowls in advance to eat for three or four mornings during the week. Storing them in re-sealable containers or glass jars makes them easy to grab and go.
2. **Read food labels.** If you choose to use condiments or premade toppings such as granola, read labels to determine the amount of unhealthy nutrients there are, such as added sugars and fats per serving.
3. **Modify bowls at restaurants.** Ask servers to remove one or more high-fat ingredients or serve them on the side to control portions and calories. You can

also modify bowls to make them vegan or vegetarian, or remove items due to food allergies.

While breakfast bowls at many restaurants usually are presented as one serving, some contain enough food and calories to serve two people. If this is the case, split the bowl with a friend or family member or take half of it home for tomorrow's breakfast.