



# Breakfast Suggestions

## Shopping Checklists

Over 125 breakfast meal suggestions have been outlined in a downloadable breakfast checklist to guide you in identifying meal options both inside and outside your home. You may use the checklist when shopping for groceries, dining at a restaurant or communicating your order to room service.

The checklist follows an easy-to-use format, allowing you to ask questions about ingredients and food preparation techniques. It encompasses categories such as:

- Egg Dishes and Omelets
- Breakfast Specialties
- Bakery Products
- Sides—Meat, Fish and Potato
- Spreads, Jams and Jellies
- Cheese and Yogurts
- Fruits



### Omelets and Potential Ingredients

asparagus  
avocado  
bacon  
broccoli  
cheese  
chicken  
chiles  
chives  
chorizo  
garlic  
green beans  
green peppers  
ham  
herbs  
jalapeños  
mushrooms  
olives  
onions  
potatoes  
red peppers  
sausage (chicken, pork, turkey)  
spinach  
tomatoes

### Meat Side Dishes

bacon  
canadian bacon  
chorizo  
corned beef hash  
ham  
sausage (chicken, pork, turkey)  
steak  
turkey

### Fruits

apple  
apricots  
banana  
berries  
blackberries  
blueberries  
boysenberries  
cantaloupe  
cherries  
clementines  
cranberries  
grapes  
grapefruit  
honey dew  
kumquats  
loganberries  
melon  
nectarine  
orange  
papaya  
peach  
pear  
pineapple  
plantain  
plum  
prunes  
raisins  
raspberries  
strawberries  
tangerine

### Breakfast Specialties

blintzes  
cereal (hot or cold)  
crepes  
french toast  
pancakes

### Breakfast Specialties cont.

toast  
waffles

### Potato & Salad Side Dishes

french fries  
fruit salad  
hash browns  
mixed green salad  
sautéed potatoes

### From the Sea Side Dishes

salmon (lox or smoked)  
sardines  
shrimp  
tuna  
white fish

### Spreads, Jams and Jellies

butter  
confiture

Enjoy your gluten and allergen-free breakfast around the corner and around the world!

### Spreads, Jams and Jellies

cream cheese  
honey  
jams  
jellies  
margarine  
marmalades  
non-dairy spreads  
nut-free spreads  
peanut butter  
preserves

### Bakery Products

bagels  
biscuits  
breads  
buns  
coffee cake  
crackers  
croissant  
donuts  
muffin  
rice cakes  
rolls  
scones

## Sample Breakfast Menu

The following menu details 130-plus breakfast suggestions listed by category.

### Egg Dishes

eggs benedict  
huevos (mexicanos or rancheros)  
skillets-american style

### Eggs (Made to Order)

eggs  
egg beaters  
egg whites  
egg yolks

### Egg Preparation

boiled  
fried in butter  
fried in oil

### Egg Preparation cont.

hard boiled  
poached  
scrambled with butter  
with milk  
cooked in butter  
cooked in oil  
soft boiled  
sunny side up  
yolk broken

### Cheese and Yogurts

cheese (dairy, rice, soy)  
cottage cheese  
yogurt (coconut milk, dairy, rice, soy)



Excerpted from the award-winning Let's Eat Out! book series, written by Kim Koeller and Robert La France and published by R & R Publishing, LLC.

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