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## Build a Better Breakfast

You'll feel better and more energetic than ever with these perfectly balanced no-recipe meal ideas.



### For the Egg Eater: Sunrise Sandwich

"Aim to get at least three food groups in your morning meal," says Jackie Newgent, registered dietitian and author of *The All-Natural Diabetes Cookbook*. Her favorite: Layer a poached egg, guacamole, salsa, and spinach leaves on whole wheat toast and serve with a side of honey-drizzled, plain, fat-free yogurt topped with fresh raspberries and sliced almonds.



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