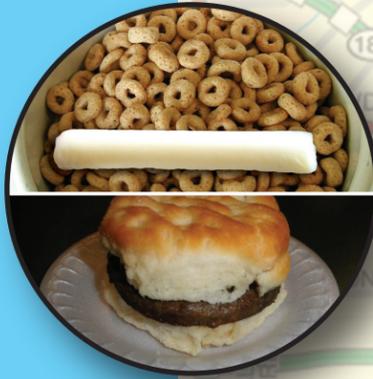


# Map Out a Healthy Breakfast

**Start  
with:**



- **Grains /**
- **Protein-Rich**



- Add:**
- **Fruit**

**and**



- **Milk**

