



Eating a healthy breakfast is the best way to start your day. You'll quickly see how much better you feel through the morning and the rest of the day when you fuel up.

Breakfast provides the energy your body needs to start the day. When you wake up in the morning and you haven't eaten for 8-12 hours; it's time to "break that fast." A healthy breakfast should contain protein and fiber. Research shows that a healthy breakfast helps to improve mental and physical performance and contributes to many important nutrients in your diet.

# Only The Best Ingredients



Earth Balance  
No GMO Soy Garden  
Spread

Select Varieties  
15 OZ Reg \$5.29

**\$3.69**

All natural, 100% vegan, and helps improve HDL/LDL Cholesterol Ratio.



Organic Valley  
Organic  
Pasteurized Sharp  
Cheddar Cheese

8 OZ Reg \$6.19

**\$4.79**

Aged for 300 days to bring out the palate-pleasing tang that cheddar fans favor.



Stonyfield Farm  
Organic Peach  
Lowfat Yogurt

Select Varieties  
6 OZ Reg \$1.39

**99¢**

You don't need a chemistry degree to read our ingredients list. This is real food.



Nancy's  
Organic Non Fat  
Plain Yogurt

32 OZ

**\$3.89**

Only 120 calories and less than one gram of fat.



Wallaby Yogurt Company  
YOG,OG,BRY &  
CRM,DWN UNDR

SRP \$1.89  
6 OZ

**\$1.29**



Galaxy Foods  
American Rice

Slices  
SRP \$4.99  
7.3 OZ

**\$3.69**

Soy-free cheese alternatives made with wholesome brown rice. Delicious!