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~ Jackie Masek

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High Protein Breakfast Ideas for Kids with ADHD

OATMEAL



- vanilla yogurt
- sliced fruit

PROTEIN SHAKE



- Carnation Breakfast Essentials
- wheat germ or chia seeds

BURRITO



- eggs
- sausage

NUT BUTTER/FRUIT



- almond butter
- sliced apples

Foods To Keep On Hand

- whole or sprouted grain breads so they can quickly make toast
- hard boiled eggs can be eaten individually or on the toast
- avocados have tons of good protein and are great with sea salt and garlic
- smoked salmon and cream cheese sandwich
- yogurt cups - you can sprinkle chia seeds, frozen berries, nuts, or granola on top
- cottage cheese with fruit and granola
- graham crackers and peanut butter