



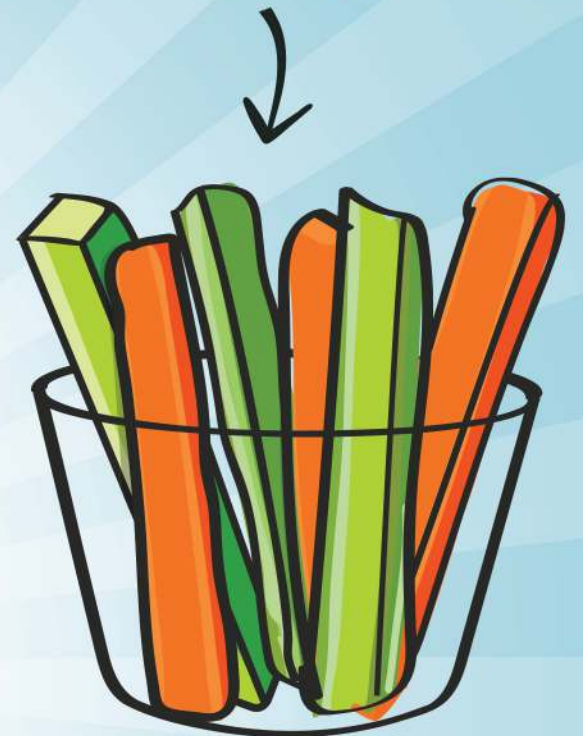
← **FRUIT**
or
VEGGIES
Must take a serving of
fruit or veggies



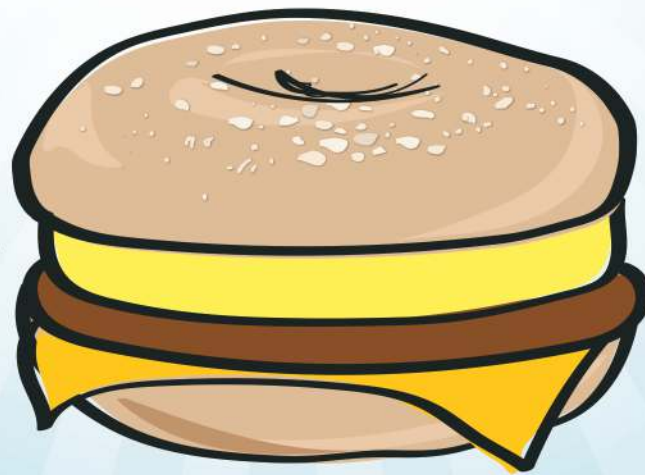
MILK

Add a serving of milk

Pick
at least **3**



PROTEIN →
Pick a lean protein



Start your day with a **BALANCED**
BREAKFAST

DID YOU KNOW? Eggs are jam-packed with protein & important vitamins & minerals that give you the energy to stay active & feel awesome!



Tip Choose servings from at least 3 groups to qualify as a combo meal.

