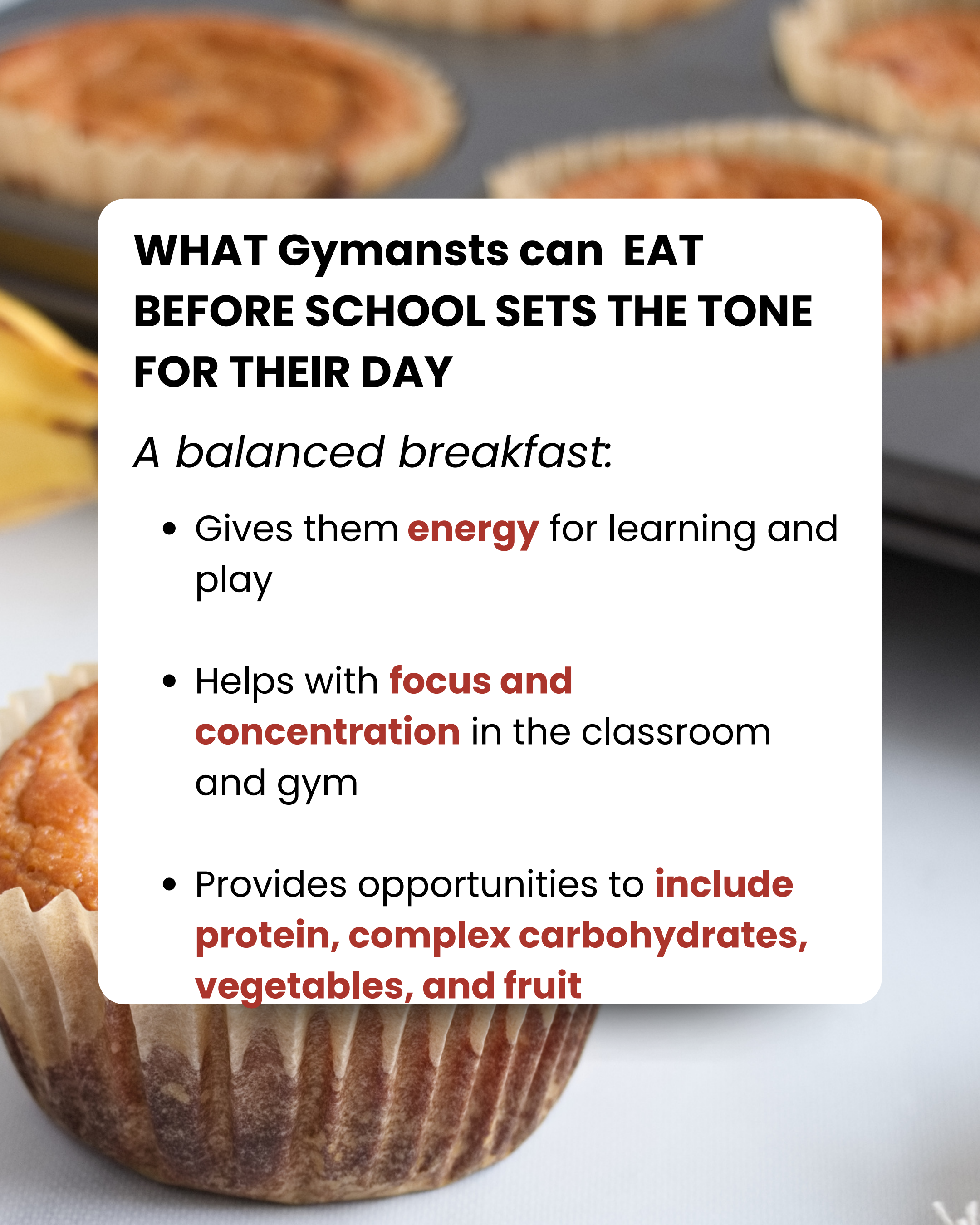


The background image shows a gymnastics gym. On the left, several young girls are smiling and looking towards the camera. In the center, a white rounded rectangle contains text. On the right, a blue mat is visible with some equipment and storage bins in the background. The ceiling has exposed beams and fluorescent lights.

4

*Gymnast
friendly
Breakfast
Options*
to **simplify your
morning school
routine**

A background image showing a close-up of a golden-brown muffin in a paper liner at the bottom, and a banana at the top left. The text is overlaid on a white rounded rectangle in the center.

WHAT Gymnasts can EAT BEFORE SCHOOL SETS THE TONE FOR THEIR DAY

A balanced breakfast:

- Gives them **energy** for learning and play
- Helps with **focus and concentration** in the classroom and gym
- Provides opportunities to **include protein, complex carbohydrates, vegetables, and fruit**



NO.1

OVERNIGHT OATS

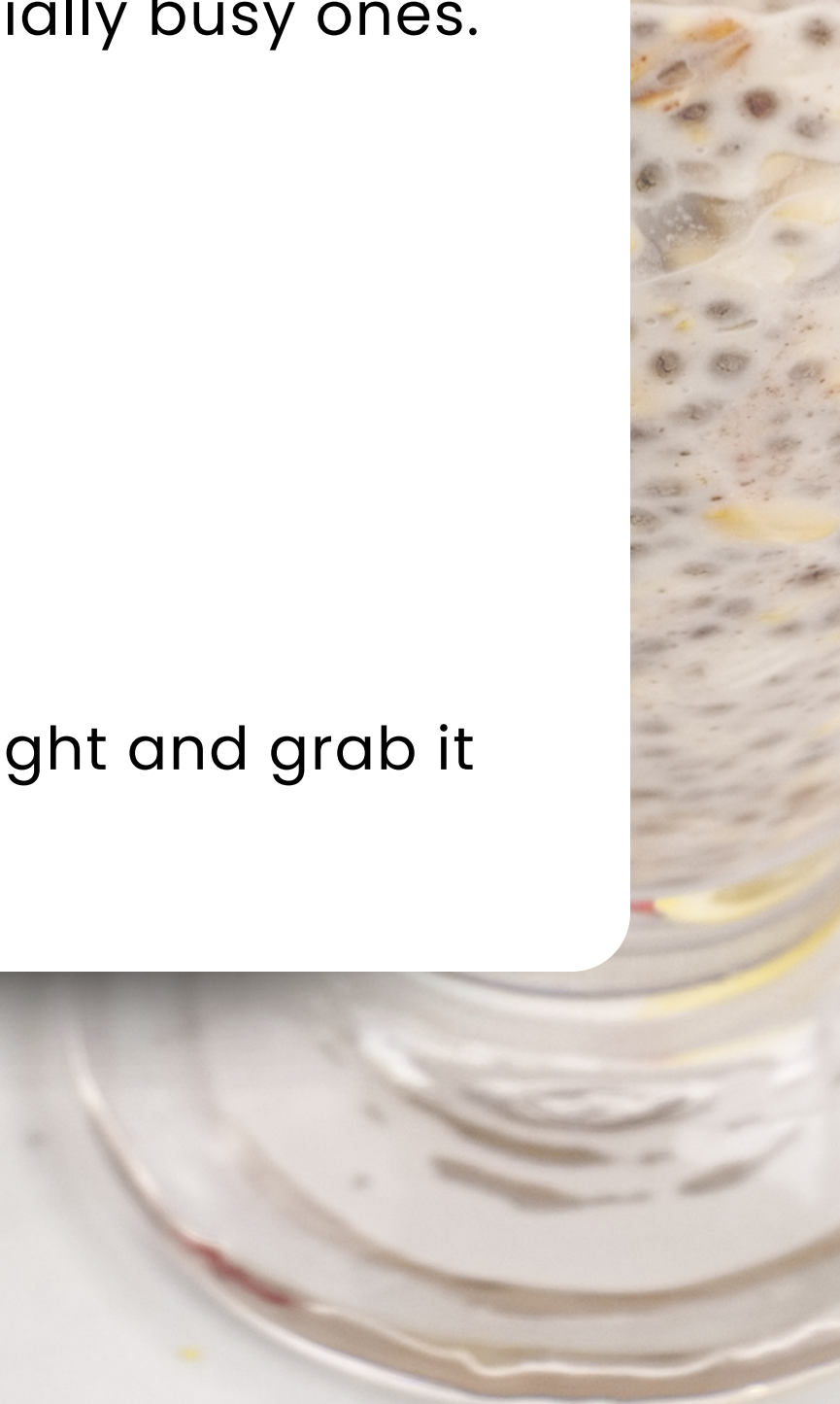
PREP ONCE, ENJOY ALL WEEK

Overnight oats are an easy make-ahead option for any morning, especially busy ones.

Try combining:

- Rolled oats
- Milk or fortified soy milk
- Greek yogurt
- Fruit of choice
- Chia seeds (optional)

Store in the refrigerator overnight and grab it on your way out the door.



The background of the page features a glass of pinkish-orange smoothie on the right, a yellow banana on the left, and a single red raspberry at the bottom center. A white rounded rectangle is centered on the page, containing the text.

NO.2

Smoothies

A QUICK BREAKFAST WHEN TIME IS TIGHT

Smoothies can be a convenient way to include several food groups in one meal.

Try blending:

- Fruit
- Leafy greens
- Milk or fortified soy milk
- Greek yogurt
- Nut butter or seeds

Adding protein and fiber can help keep kids satisfied throughout the morning.



NO.3

PROTEIN-PACKED MUFFINS

GRAB-AND-GO BREAKFAST

Muffins can contain fruit, protein, and whole-food ingredients baked into a convenient, portable breakfast.

Made with:

- Eggs
- Cashew butter (or alternative)
- Protein powder
- Fruit
- Chocolate chips

Bake a batch of your favorite muffins ahead of time and keep them on hand for quick mornings.

The background of the entire page is a photograph of several egg muffins. One muffin is in sharp focus in the upper center, showing a golden-brown top with green onions. Other muffins are visible in the foreground and background, some slightly out of focus. A wire basket is visible in the upper left corner. The muffins are resting on a dark, textured wooden surface.

NO.4

Egg Muffins

A PROTEIN-PACKED BREAKFAST

Whisk eggs with your favorite vegetables and bake in a muffin tin.

Try:

- Spinach
- Bell peppers
- Mushrooms
- Sausage
- Cheese (optional)

Store in the refrigerator and reheat for a quick breakfast during the week.

The background of the image is a soft-focus photograph of a healthy meal. On the right, a tall glass is filled with a vibrant red smoothie, topped with fresh raspberries and blueberries. In the foreground, a light-colored surface is scattered with numerous small, dark chia seeds. To the left, more fresh berries are visible, and a white straw with red rings is partially seen in the upper left corner. The overall aesthetic is clean and fresh, emphasizing natural ingredients.

SAVE

this so you can have
ideas when you are
out of them!

Breakfast is cricitcal
for athletes!



Betsy

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