

Balanced Breakfast Plate

A Simple, Protein-Packed Breakfast to Fuel Your Morning

Some of the healthiest breakfasts aren't the most complicated—they're the ones that provide your body with the nutrients it needs to stay energized and satisfied. A balanced breakfast can help you start the day feeling your best by combining high-quality protein, fiber-rich carbohydrates, and naturally sweet fruit into one delicious meal.

This Balanced Breakfast Plate brings together fluffy scrambled eggs, lean turkey bacon, creamy grits, and a colorful side of fresh berries. The eggs and turkey bacon provide satisfying protein, while the grits offer slow-digesting carbohydrates for energy. Fresh berries add fiber, antioxidants, and natural sweetness without relying on processed sugars.

Whether you're heading to work, getting the kids ready for school, or enjoying a quiet weekend morning, this easy breakfast is both nourishing and comforting. Best of all, it comes together in less than 20 minutes, making it perfect for busy mornings.

Why You'll Love This Recipe

- High in protein to help keep you full
- Balanced with protein, healthy carbohydrates, and fiber
- Quick and easy to prepare
- Naturally rich in vitamins and minerals
- Great for busy weekday mornings
- Family-friendly and satisfying

Prep Time

5 minutes

Cook Time

10 minutes

Total Time

15 minutes

Servings

1 serving

Ingredients

- 2 large eggs
- 1 teaspoon olive oil or avocado oil
- 1 slice turkey bacon
- $\frac{1}{2}$ cup cooked stone-ground grits
- $\frac{1}{2}$ cup fresh mixed berries (strawberries, blueberries, raspberries, or blackberries)
- Pinch of sea salt
- Freshly ground black pepper, to taste
- Chopped fresh parsley (optional garnish)

Instructions

1. Heat a nonstick skillet over medium heat.
2. Cook the turkey bacon until browned and slightly crispy, about 3–4 minutes per side. Set aside.
3. In a small bowl, whisk the eggs with a pinch of salt and pepper.
4. Add the olive oil to the skillet and gently scramble the

- eggs over low to medium heat until soft and fluffy.
5. Warm the cooked grits according to package directions. For extra creaminess, stir in a splash of low-fat milk or unsweetened almond milk.
 6. Arrange the scrambled eggs, turkey bacon, grits, and fresh berries on a plate.
 7. Garnish with fresh parsley if desired and serve immediately.

Recipe Tips

- Choose stone-ground grits for a hearty texture and more natural flavor.
- Cook the eggs over low heat to keep them soft and creamy.
- Add sliced avocado for healthy fats if you want a more filling meal.
- Sprinkle cinnamon over the berries for extra flavor without added sugar.
- Pair with water, herbal tea, or unsweetened coffee for a balanced breakfast.

Nutrition Facts

Per Serving (Approximate)

Nutrient	Amount
Calories	340
Protein	22 g
Carbohydrates	28 g
Dietary Fiber	4 g
Total Sugars	8 g
Added Sugar	0 g
Total Fat	15 g

Nutrient	Amount
Saturated Fat	4 g
Cholesterol	375 mg
Sodium	420 mg
Potassium	420 mg
Calcium	10% DV
Iron	12% DV
Vitamin A	18% DV
Vitamin C	35% DV
Folate	15% DV

Health Benefits

Protein to Keep You Full

Eggs and turkey bacon provide high-quality protein that helps support muscle maintenance and can keep you feeling satisfied throughout the morning.

Steady Energy

Grits provide complex carbohydrates that supply your body with energy, making them an excellent addition to a balanced breakfast when paired with protein and fiber.

Rich in Antioxidants

Berries are packed with antioxidants, including anthocyanins and vitamin C, which help protect cells from oxidative stress and support overall health.

Supports Blood Sugar Balance

Combining protein, carbohydrates, and fiber in one meal may help slow digestion and promote more stable energy levels

compared with eating refined carbohydrates alone.

Packed with Essential Nutrients

This breakfast provides vitamins, minerals, and healthy nutrients including vitamin B12, choline, vitamin C, potassium, and iron to help support your body's daily functions.

Variations

Higher Fiber

Use whole-grain grits and add 1 tablespoon of ground flaxseed to the berries.

Extra Protein

Serve with an additional egg or a side of plain Greek yogurt.

Heart-Healthy Version

Add sliced avocado and reduce the grits to $\frac{1}{4}$ cup for a meal with more healthy fats and fewer refined carbohydrates.

Vegetarian Option

Replace the turkey bacon with sautéed mushrooms or grilled tomatoes for a flavorful meat-free breakfast.

Storage

This breakfast is best enjoyed fresh. If preparing ahead, store the eggs, grits, turkey bacon, and berries in separate airtight containers in the refrigerator for up to **2 days**. Reheat the eggs and grits gently before serving and add the fresh berries just before eating.

Frequently Asked Questions

Can I use instant grits?

Yes. Instant grits are convenient for busy mornings, though stone-ground grits typically offer a heartier texture and richer flavor.

Can I meal prep this breakfast?

Absolutely. Cook the eggs, turkey bacon, and grits ahead of time and portion them into meal-prep containers. Add the berries just before serving for the freshest taste.

Can I add vegetables?

Yes. Spinach, tomatoes, bell peppers, onions, or mushrooms make excellent additions to the scrambled eggs for extra fiber and nutrients.

Is this breakfast good for healthy eating?

Yes. This meal combines lean protein, complex carbohydrates, fiber-rich fruit, and healthy fats to create a balanced breakfast that supports lasting energy and overall wellness.