

Smart Breakfast Combinations that are low in WW FreeStyle Smart Points.

smart breakfast ideas.

Smart Breakfast Combination #1: 5 WW SP

Thomas light Multigrain English Muffin (3 SP)
+ 1/4 cup Fit&Active Liquid Egg Product cooked (0 SP)
+ 2 Boca Breakfast Links (2 SP)

Smart Breakfast Combination #2: 1 WW SP

3 Tbsp. Eggbeaters Three Cheese Eggs cooked (0 SP)
+ 1/2 cup Boca Ground Crumbles (1 SP)

Smart Breakfast Combination #3: 6 WW SP

1 Jimmy Dean Delights Canadian Bacon Honey Wheat Muffin (6 SP)
+ 1 apple (0 SP)

Smart Breakfast Combination #4: 6 WW SP

4 Breakfast Mini Bagel Bites with Bacon, Egg, and Cheese (6 SP)
+ Blueberries (0 SP)

Smart Breakfast Combination #5: 3 WW SP

5 slices Butterball Everyday Thin and Crispy Turkey Bacon (2 SP)
+ 1 scrambled egg 2 SP (0 SP)
+ cooked in 1/2 tbsp. Smart Balance Light Spreadable Butter & Canola oil Blend (1 SP)

Smart Breakfast Combination #6: 3 WW SP

Better Oats OatFit 100 calories cinnamon roll instant oatmeal with flax (3 SP)
+ 1/2 cup unsweetened applesauce (0 SP)

Smart Breakfast Combination #7: 4 WW SP

1 Special K Egg with vegetables and pepper Jack cheese sandwich (4 SP)
+ grapes (0 SP)

Smart Breakfast Combination #8: 5 WW SP

Lean Cuisine Morning Collection Veggie Scramble (5 SP)
+ Strawberries (0 SP)
+ 1 banana (0 SP)

Smart Breakfast Combination #9: 6 WW SP

1 Thomas pre-sliced Bagel Thin (3 SP)
+ 2 tbsp. Philadelphia light cream cheese (3 SP)

Smart Breakfast Combination #10: 6 WW SP

3/4 cup Honey Bunches of Oats (4 SP)
+ 1/2 cup fat-free milk (2 SP)

Smart Breakfast Combination #11: 6 WW SP

1 Jimmy Dean Delights Turkey Sausage Breakfast Bowl (6 SP)
+ fresh pineapple chunks (0 SP)

Smart Breakfast Combination #12: As low as 2 WW SP

3 links Butterball Natural Inspirations Turkey Sausage (2 SP)
+ 1 fried egg (0 SP + SP for butter, if used)

Smart Breakfast Combination #13: 5 WW SP

2 Eggo Nutri-Grain Low Fat Whole Grain Waffles (4 SP)
+ 1/4 cup Log Cabin Sugar Free Syrup (1 SP)

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Smart Breakfast Combination #14: 5 WW SP

1 Lean Cuisine Morning Collection Veggie Egg White English Muffin (5 SP)
+1 orange (0 SP)

Smart Breakfast Combination #15: 2 WW SP

2 hard boiled eggs (0 SP)
+ 1 piece of Fit&Active bread toasted (1 SP)
+1/2 tbsp. Smart Balance Light Spreadable Butter & Canola oil Blend (1 SP)

Smart Breakfast Combination #16: 4 WW SP

Rice cake (1 SP)
+ 1 tbsp. peanut butter (3 SP)
+ banana (0 SP)

Smart Breakfast Combination #17: 6 WW SP

1 Morningstar Farms Veggie scramble with cheese breakfast sandwich (4 SP)
+ Dannon Activia Strawberry light nonfat yogurt (2 SP)

Smart Breakfast Combination #18: 4 WW SP

Thomas Light Whole Grain English muffin (3 SP)
+ 1 tbsp. Light I can't Believe It's Not Butter (1 SP)
+1 tbsp. Smuckers Red Raspberry Preserves (0 SP)

Smart Breakfast Combination #19: 4 WW SP

+1 scrambled egg (0 SP)
+ cooked in 1/2 tbsp. Smart Balance Light Spreadable Butter & Canola oil Blend (1 SP)
+ 2 tbsp. Sargento Reduced Fat Shredded sharp cheddar cheese (1 SP)
+ 1/3 cup Salsa (0 SP)
+ 1 Mission Carb Balance small Fajita Flour tortilla (2 SP)

Smart Breakfast Combination #20: 6 WW SP

1 Special K Protein and Fiber Chocolately peanut butter granola bar (4 SP)
+ 1 cup Light Original Silk Soymilk (2 SP)

Smart Breakfast Combination #21: 4 WW SP

1 Sandwich Bros. Egg White and Turkey Sausage Flatbread Pocket Sandwich (4 SP)
+ 1 cup green grapes (0 SP)