

## Greek Yogurt Bowl







## Ingredients

- 210 grams Fat Free Greek Yogurt ~ 3 protein servings
- 130 grams Strawberries, cut into small pieces ~ 1/2 carb serving
- 84 grams Raspberries ~ ½ carb serving
- 69 grams Blueberries
  - ~ ½ carb serving
- 44 grams Banana, cut into small pieces ~ 1/2 carb serving
- 31 grams Sliced Almonds
  - ~ 1 fat serving

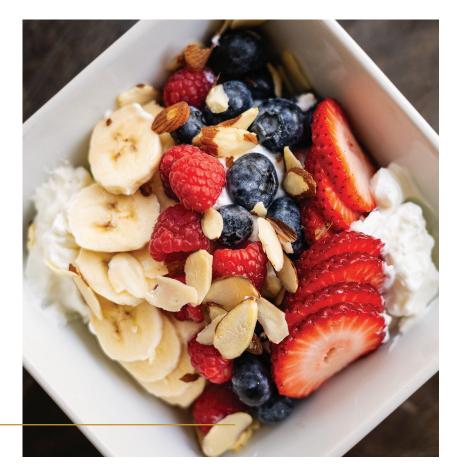
## Instructions

Mix together and enjoy!

Feel free to swap out the fruit for any other type, or even just have one type if you prefer. Any nuts or seeds could be swapped for the almonds for your fat serving.

Whole Recipe Breakdown:

- 3 Servings Protein
- 2 Servings Carb
- 1 Serving Fat
- O Servings Veggies





# simple breakfast

