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Breakfast Salads Start the Day Right

Breakfast salads -- yes, they're a thing -- are loaded with nutrients and energy that you need to start your day. What's more, eating a salad for breakfast paves the way for healthier eating throughout the rest of the day. When you start the day light and free, without the weight of carbs and sugar on your belly, good things can happen.

Quick Read:

Breakfast salads are the new rage in healthy eating -- and for good reason. Packed with essential nutrients, salads have none of the carbs and sugars that make you sluggish. They are powerful energizers that kickstart your day. But what goes into a breakfast salad? Discover surprising breakfast salad ingredients and recipes in this article.

Skim Through a Few Simple Breakfast Salad Recipes Below!

Salad for Breakfast? You Bet!

Depending on the ingredients used, salads are high in vitamins, fiber, protein and healthy fats, all of which give you the fuel and energy you need to face the day. Let's take a closer look at how each of these powerhouse ingredients ramp up your energy and keep you going throughout the morning.

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- **Vitamins** - Vegetables and fruits are [packed with nutrients](#), including potassium, folate, vitamin A and vitamin C. Potassium helps maintain healthy blood pressure, while folate helps the body create more red blood cells. Vitamins A and C help keep you healthy and fight off infection.
- **Fiber** - A [diet high in fiber](#) keeps you feeling full and may help you lose weight. It also lowers your cholesterol and keeps your digestive system regular.
- **Protein** - [Low-fat proteins](#), such as poultry, fish, beans, eggs, nuts and seeds, contain B vitamins, vitamin E, iron, zinc and magnesium. These are vital for a host of bodily functions, including the formation of red blood cells and muscles, as well as the function of the nervous and immune systems.
- **Healthy fat** - Healthy fats, such as [omega-3s](#), are crucial for brain function, lowering cholesterol and supporting heart health. They can even reduce inflammation. Healthy fats are found in nuts, seeds, eggs, oils, peanut butter and avocado.

There's no doubt that salad for breakfast is a healthy way to start your day. But what all goes into a breakfast salad? You may be surprised.

Simple Breakfast Salad Recipes

The key to taking a salad from a pre-dinner appetizer to a full-on hearty breakfast is to select the right ingredients. Using a wide variety of unique and surprising ingredients will ensure that you're getting as many nutrients as possible while keeping your taste buds happy. Just take a look at these tasty recipes from [EatThis.com](#):

- **Blueberry Paradise** - Top your favorite salad greens with blueberries, oranges, granola and a blueberry vinaigrette for a tantalizing, vitamin-rich salad with a fruity twist.

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- **Sunny-Side-Up** - Throw a few sweet croutons, pomegranate seeds and walnuts on salad greens, and top it all off with a sunny-side-up egg for a protein-packed breakfast that will keep you going strong.
- **Salmon Avocado** - Greens topped with smoked salmon and avocado is a savory treat that you can enjoy any time of the day.

The truth is, there's no wrong way to make a breakfast salad. Make a list of your favorite fruits, vegetables, lean proteins and salad dressings, and see how you can combine them to create a breakfast salad that will have you jumping out of bed in the morning.

Making Salad an Easy Breakfast Option

If you're inwardly groaning at the thought of getting up each morning to chop up salad ingredients, stop worrying. You don't have to prepare a salad each morning to make them a part of your breakfast routine. By preparing salad ingredients ahead of time, you can easily throw together a nutritious salad in the same amount of time it takes you to pour a bowl of cereal. Remember to store salad ingredients in separate containers for peak freshness and taste.

Eating salad for breakfast offers many health and mind-boosting benefits. They're also easy. Prepare a bulk salad at the beginning of the week to eat from each morning, or meal prep small to-go salads for each day of the week. Whether you eat your breakfast at your dining table or on the go, breakfast salads are filling and nutritious.

~Here's to Your Health and Wellness

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