
Do you know.....breakfast

McDonalds deluxe breakfast has:

- **1,370 calories**
- **64.5g fat (21.5 saturated)**
- **2,340 mg sodium**
- **161 g carbohydrates**

That is the caloric equivalent of 4 McDonalds cheeseburgers !!!!! Yikes!

If you are going to hit fast food on the way to work, go for the Egg McMuffin instead (not the sausage!) It weighs in with 300 calories, 12 g fat, 820 mg sodium and 30 g carbohydrates.

Or bring your own.....

- Fresh berries, yogurt, granola.
- Grapefruit
- Whole-wheat toast & almond butter.
- Fresh fruit salad.
- Protein shake
- Eggs with veggies
- Cottage cheese and fruit

