

A breakfast breakdown

There is a reason they say breakfast is the most important meal of the day - it is the first meal, fuel for your work and so much more. Despite that, it is the meal we tend to skip out most. Sometimes if running late for school or work, we let our priorities get the best of us, and end up skipping a hearty breakfast. This is the meal that can make or break our day, so it is definitely crucial to not only have breakfast, but have a proper one.

