



September marks the beginning of the [Fall season](#) and another school year. It's the perfect time to get organized and back on track after a busy summer season!

Breakfast Time: Set your kids up for a successful day of learning by starting them off with a well-rounded [breakfast](#) and ensuring they've gotten adequate rest. Give breakfast meal-prep a try! Preparing [breakfast](#) before the start of your week is a great way to get your [family](#) out the door on the right foot. Try these Loaded Breakfast Egg Muffins to test the waters.

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped red bell pepper
- 1 cup chopped [asparagus](#)
- 1 cup chopped mushrooms
- 1 cup chopped yellow onion
- 2 cups chopped spinach
- 2-4 garlic cloves, minced (to taste)
- 4 whole eggs
- 4 egg whites

Directions:

1. Sauté pepper, asparagus, and onion for 5 minutes or until tender.
2. Add mushrooms and [spinach](#) to skillet and cook for 2 more minutes; add in minced garlic for the last 30-60 seconds.
3. Whisk eggs together and add in the cooked veggies.
4. Pour into greased muffin tray and cook for 15-20 minutes at 350 degrees; [muffins](#) should be firm to touch!



I love trying new foods for breakfast!

- Jessie

Let's Talk About Meal Prep: Life can be really busy! Trying to juggle kid's schedules, work, and a home life is a challenge. This can lead to rushed meal planning and dinners based around convenience. Some helpful tips:

- [Meal prepping](#) not only saves time, but can also [save money!](#) Go to the store with a game plan. Select a few recipes and make a list of the ingredients you need. Sticking to a list helps ensure that you stick to your budget and also cuts down on food waste.
- Be patient! Trial and error is part of the learning process. It might take a few weeks to find a rhythm that works for your family. Begin with [breakfast meals](#) and work your way up from there!
- Ask your kids for help with [dinner](#)- get them to set the table, wash [fruit \(for dessert\)](#) and [veggies](#) etc! It will teach them about healthy eating, and you get more quality time with your children!

Parent Power Tips by SuperKids Nutrition Founder

Finding Balance: Getting back into the swing of things after a busy summer can be exhausting! Finding [balance](#) and achieving a healthy lifestyle for your family takes planning and continuous effort. Try gradually introducing new healthful habits into your home, and remember, balance doesn't happen overnight! Having a plan in place will help you build healthful habits and give you more time to fulfill your own self-care needs. When parents are their best selves, the whole family wins.

Remember this!

- [Get moving](#) with the kids! Find a form of [exercise you enjoy](#). Long weeks do not have to equal lazy weekends-get [outside](#) with your kids and recharge.
- Plan time for yourself. Failing to schedule time for your own self-care is a guaranteed road to burn out!
- Make time for what's important. Healthy living is a choice where the benefits always outweigh the efforts! For more tips check out: [5-Roadblocks to Healthy Living](#)

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