

365 Oatmeal Breakfasts
Al Fritsch, SJ

1 Cooked oatmeal with milk, buttermilk, vegetable, or fruit juice.

	<u>Soybeans</u>	<u>almonds</u>	<u>craisins</u>	<u>peanuts</u>	<u>raisins</u>
2-6 and					
7-12 <u>apples</u> (raw)	x				
13 (sauce)				x	
14-19 <u>apricots</u>	x				
20-24 <u>asparagus</u>		x			
25 <u>bacon chips</u>					
26-31 <u>bananas</u>	x				
32-33 <u>beans</u>				x	
34-35 <u>and peas</u>					
36-39 <u>beets</u>		x			
40-44 <u>blackberries</u>		x			
45-48 <u>blueberries</u>	x				
49-52 <u>carrots</u>			x		
53-54 <u>celery</u>				x	
55-59 <u>corn</u>		x			
60-61 <u>cranberries</u>		x	-----		
62-63 <u>cucumbers</u>				x	
64-66 <u>fruit cocktail</u>			x		
67 <u>garlic</u>			x		
68-71 <u>grapes</u> (fresh)		x			-----
72-75 <u>jalapenos</u>			x	x	x
76-81 <u>mandarin oranges</u>	x	x	x	x	x
82 and pears					
83-84 <u>mangoes</u>				x	
85-87 <u>mint</u>			x	x	
89-92 <u>mixed berries</u> (golden raisins, cranberries, & cherries)					
	x	x	---	x	---
93-94 <u>mushrooms</u>					x
95-99 <u>nectarines</u> (fresh)		x	x	x	x
100-3 <u>onions</u>			x	x	x
04-09 <u>peaches</u>	x	x	x	x	x
10-15 <u>pears</u>	x	x	x	x	x
16-20 <u>peas</u> (fresh or canned)		x	x	x	x
21-22 <u>pomegranate</u> berries				x	
23-28 <u>pineapple</u>	x	x	x	x	x
29-30 and pears			x		
32-34 <u>prunes</u>				x	x
35 and <u>flaxseed</u>					
36-38 <u>raisins</u>		x	x	x	--
39-42 <u>raspberries</u>		x	x	x	x
43-47 <u>sauerkraut</u>		x	x	x	x
48-52 <u>strawberries</u>		x	x	x	x

53-57	<u>tropical fruit</u>	(banana,	coconut,	date,	papaya,	pineapple,&
	raisin)		x	x	x	x
58-60	<u>wine berries</u>		x		x	

 Note: All oat preparations used *Rollin' Oats*, 100% Natural Old Fashioned Oats purchased from SAVE-A-Lot Food stores.

161 Yogurt (plain)

Yogurt and

62	apricots
63	bananas
64	bananas and grapes
65	craisins
66	grapes
67	grapes and craisins
68	grapes and raisins
69	mixed berries
170	mixed berries and peanuts
71	oranges
72	peaches
73	peanuts
74	peanuts and raisins
75	pears
76	pears and peanuts
77	pears and raisins
78	peppers (sweet)
79	peppers (jalapenos)
80	pineapple
81	pineapple and raisins
82	prunes
83	raisins

84 Granola (Plain)

85	apricots
86	apricots and craisins
87	apricots and raisins
88	bananas
89	bananas and craisins
190	bananas and raisins
91	craisins
92	grapes
93	mixed berries
94	peanuts
95	pears
96	pears and craisins
97	pears and raisins
98	peppers (sweet)

99 pineapple
 200 pineapple and craisins

201 Eggs scrambled with oatmeal and soy sauce and hot sauce

	<u>almonds</u>	<u>craisins</u>	<u>peanuts</u>	<u>raisins</u>
02 almonds				
03 apricots				
04-07 bananas		x	x	x
08 beans (dried)				
09 beans (green)				
10 blueberries				
11-15 broccoli	x	x	x	x
16 and soybeans				
17-20 cabbage		x	x	x
21-23 carrots			x	x
24 celery				
25-28 corn		x	x	x
29 craisins				
30 garlic				
31 grapes (fresh)				
32-34 ham			x	x
35 kale				
36 mangoes				
37-38 mixed berries			x	
39 mizuna				
40-41 mushrooms			x	
42 mustard greens				
43 mustard spinach				
44 okra				
45-48 onions		x	x	x
49-51 and cabbage			x	x
52-56 pears	x	x	x	x
57-58 peas (raw)			x	
59-62 peppers (sweet)		x	x	x
63-64 peppers (Jalapenos)			x	
65-67 pineapple slices			x	x
68-69 prunes			x	
70-71 raisins			x	
72 rice				
73 sauerkraut				
74 squash				
75-78 tomatoes (fresh ripe or green)		x	x	x
79 tropical fruit				
80 turnips				
81 Five grains (oatmeal, rye, barley, wheat and flaxseed)				

282 Pancakes and oatmeal

		<u>Almonds</u>	<u>Craisins</u>	<u>Peanuts</u>	<u>Raisins</u>
83	and apricots				
84-85	and bananas			x	
86-87	and blackberries			x	
88-89	and blueberries			x	
90	and cabbage				
91-94	and corn		x	x	x
95-96	and cranberries			x	
97-300	and <u>grapes</u>	x	x	x	----
01-03	and mixed berries	x		x	
04-08	and <u>mandarin oranges</u>	x	x	x	x
09	and onions				
10-14	and <u>peaches</u>	x	x	x	x
15	and peanuts				
16-20	and <u>pears</u>	x	x	x	x
21	and peas				
22-26	and <u>pineapple slices</u>	x	x	x	x
27	and pomegranate				
28-29	and prunes			x	x
30	and raisins				
31-34	and raspberries	x	x	x	
35-39	and strawberries	x	x	x	x
40	and yogurt				

Others

41	bean soup				
42	beans and almonds				
43	herring salad				
44	and almonds				
45	and peanuts				
46	and mint				
47	and raisins				
48	peas and raw oatmeal				
49	and almonds				
50	and craisins				
51	and peanuts				
52	and raisins				
53	pea salad and onions				
54	sausage and scrambled eggs and oatmeal				
55	Seven grains (oats, rye, wheat, barley, flaxseed, tricale, and oatmeal bran)				
56	tuna salad and raw oatmeal				
57	and cabbage				
58	and celery				

59 and craisins
60 and mint
61 and onions
62 and peanuts
63 and raisins
64 vegetable soup
65 venison and scrambled eggs and oatmeal

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