
























HOW THE STARS EAT BREAKFAST

Food Network chefs dish on their morning routines.

	When	Where	The usual	Bacon or sausage?	Coffee?	Guilty-pleasure cereal	Diner order	Breakfast in bed: fun or gross?
 TRISHA YEARWOOD	I try to eat within an hour of when I wake up—usually around 9 a.m.	I typically have coffee first, curled up on the couch. Breakfast is usually at the kitchen table.	Peanut butter toast with a banana, or a scrambled egg wrap on a whole-wheat tortilla with feta cheese	BACON, BACON, BACON!	With lots of French vanilla creamer	Frosted Flakes with whole milk. I've loved it since I was a child. 	There's a little restaurant in Oklahoma that serves scrambled eggs, bacon and hash browns with a side of pancakes. You can't ever finish it, but I love the combination. 	Always FUN
 JEFF MAURO	I eat after my morning workout.	Sitting at my kitchen table with my family	During the week, protein, kale, banana and peanut butter smoothies 	BACON	 A dark, dark roast out of a French press with a touch of half-and-half	Cap'n Crunch's Peanut Butter Crunch. It's been at least a decade, but I still recall the sweet peanut butter madness that only the Cap'n could create.	Extra-crisp corned beef hash and extra-crisp hash browns—always!	DISGUSTING. Have you ever seen me eat?
 ALEX GUARNASCHELLI	It usually happens around 5:30 a.m., but it could be at 9:30 a.m.	Almost always at home	Greek yogurt with grapes, salted cashews, honey, golden raisins and a squeeze of lemon juice	Pork-and-sage SAUSAGE	Half-and-half, no sugar	My mom always bought the cereal with the healthy, mountain-climbing family on the box, so I have a secret love for guilty-pleasure types, like Cinnamon Toast Crunch.	 Grilled cheese on whole wheat with tomato, super-well-done home fries and one sunny-side up egg	FUN! But if you do it, go the distance: champagne, fresh-squeezed juice, eggs, toast, scones, jam—the whole nine.
 RICHARD BLAIS	After dropping my kids at school, around 8 or 9 a.m.	Usually at my house. I turn on some tunes and make some food.	 Lately I've been inspired by Mexico, so eggs medium with some avocado and a guajillo sauce.	SOY CHORIZO... gasp!	Black, iced, strong and preferably in one of those vintage-y brown elixir bottles	Frosted Flakes, and lots of 'em. I just love the texture and sweetness... some crispy, some soggy—great contrast!	Denver omelet (add mozzarella), hash browns griddled hard and crisp, whole-wheat toast with Concord grape jam, black coffee and some corned beef hash	FUN, if it isn't your bed
 KATIE LEE		At home in my kitchen	Greek yogurt, berries, granola and honey 	BACON!	With whole milk 	Cinnamon Toast Crunch 	Omelet with spinach and American cheese (made with egg whites plus one egg yolk), extra-crisp bacon, fried potatoes and dry wheat toast	SO FUN! 
 ANNE BURRELL	Any time of the day! I never eat breakfast at breakfast.	Wherever I am—but I usually don't eat anything on the go.	During the week, yogurt and fruit; on weekends, an everything bagel, scooped and toasted dark with plain cream cheese and tomato	I'm a BACON girl, but I'm known to have a sausage every now and then.	NONE	We weren't allowed to have sugary cereal growing up, so I never really got into it.	Poached eggs, bacon and rye toast (toasted dark with no butter) 	If I'm staying in a hotel, fun; at my house... NO WAY!
 GEOFFREY ZAKARIAN	6:30 a.m. The kids like to help cook, then we all sit down to eat.	My first breakfast is at home. My second breakfast is either at The Palm Court or The Lambs Club.	Eggs and a fruit that is in season	On occasion, I indulge in Myers of Keswick SAUSAGE at The Lambs Club.	Espresso or an Americano—black and strong	I never eat cereal—ever. 	I am a creature of habit and never indulge or change breakfast. My only alternative would be McCann's Irish Oatmeal with berries and almonds.	Um...not fun and definitely GROSS
 NANCY FULLER		At my kitchen table with a place mat and cloth napkin	Scrambled eggs with whatever vegetables I have on hand	Very crisp BACON or very lean sausage	I have never indulged in coffee.	I can't tell you the last time I ate cereal, but I used to like Grape-Nuts when I was young! 	Two eggs over medium with crisp bacon and dry rye toast	FUN —a real treat!