

Sadly, there are times when no milk is available in your house or even in shops. (I get how oil tankers can crash causing low supplies, but I've never heard of a milk tanker crash or indeed a milk tanker. Does that make me look foolish? It's just a thought, don't worry about it, then. Oh you can get them. But the milk tankers are trucks not massive ships. Oh never mind. You want to know what an unedited conversation with myself looks like? There you go. Boring and hard to make sense of). Making things worse, for whatever reason, I'm not getting milk delivered to my home anymore. (Then again, I never really understood why it was delivered in the first place. Why not deliver beans, etc. instead?) So what do you do? You NEED milky breakfast! It's (apparently) the most important meal of the day! (Though personally, I prefer dinner. Does that make me nutritionally ignorant? How dare you). Luckily breakfast substitutes are numerous, but are they just as healthy? Dear God no. Are they as nice? Sure! Let's go!

Nutri-grain

Let's start on a (bit of a) positive: These come in a variety of flavours! However, whilst I'm no food expert, I'd compare their taste to sweets, not nourishing breakfasts, which makes me sceptical. Everything that tastes of sweets is bad. (I did really enjoy eating pears that seemed to taste of Haribo for a short while, but by short, I mean a few days. After that I guess I came to my senses and they just tasted of regular fruit). Despite my cynicism, N-Gs are made with real fruit, and wholegrain oats. (Apparently oats are some of the healthiest grains on Earth!) They ARE nice and nourishing, then. But why load them with sugar?? It's like creating a masterpiece and then thinking 'Let's pee all over it'. Of course Kellogg's don't pee on their products, that would be demented, but they have spoiled a good idea. That's all. -_-

Coco Pops Bar

These CAN'T be as nutritional as Coco Pops. And Coco Pops aren't even good for you, anyway! Furthermore, these are more like sweets than Nutri-grains! Are there any kinds of fruits or oats in CPs bars? Nope. You do get a lot of sugar though, and people need sugar. Maybe that's the point Kellogg's were trying to make. Then again, people need iron. Do they need to eat entire hammers? Not so much.

Belvita Breakfast

For the third time, I'm finding it very hard to believe this stuff comes close to a breakfast, but I'll only be repeating myself. So on another note, the Belvita website says 'Let's face it. Mornings are crazy.' That COULD be a completely harmless phrase, but there is a possibility it is a bit darker. Actually, I'm going to stop right there. I've already said some pretty bad things about Kellogg's, I'm certainly not going to suggest Belvita's target consumers are mad people. So let's move on, again.

Full English breakfast

Really this is a dinner, which is why in my opinion, it's a breakfast substitute. You know the phrase 'breakfast is the most important meal of the day'? (Come on, I just mentioned it). It's wrong in this case. If you've been stranded at sea for a week,

you've been living off fish blood and you're starving, fine, eat a full English breakfast. (Hang on why didn't you eat the fish as well?) However, if not, I'd advise against eating these fatty meals. Luckily for me, there isn't one specific company that makes the food, so I can say anything bad about it that I like. Hmm... Maybe... Full English breakfasts are made from roadkill squirrels.

Crisps

Sometimes we just eat crisps for breakfast, right? It's not good for you, you know? Still, arguably better than the sweets mentioned earlier. I'm not sure if it's possible to get diabetes from crisps. So yeah, that's something.

Smints

You know what isn't a breakfast at all? Smints. Very refreshing though, and they don't even contain sugar. Great stuff. They just don't fill you up.

Now for a substitute-breakfast break. (That will be fast): Here's a thought: What if someone is acting nuttier than your typical nutter? What do you call them? Well, you could call them my brand new insult, a 'Kellogg's crunchy nut'. Not only is it a put down, it's a food, too. A bit random, but not as random as milk.

More subs!...

Subway

As these places open early, you can get subway sandwiches for brekkies. Again, unless they're dipped in milk, no, they're not breakfasts. Have you noticed how ALL these foods are unhealthy? Why is that? (Ok, I don't think Smints are unhealthy, but they can give you diarrhoea. Not as bad as diabetes, but more embarrassing. If you have the disease and not the indigestion, that's something to be positive about. No really, and try shaking someone's hand after you tell them you're a paranoid schizophrenic. That's pretty embarrassing, too). Anyway, most important meal of the day my bum, anything goes, doesn't it?

McDonald's

There really is no hope for the world, is there? No, McDonald's aren't healthy. I visited the company's website in the hope of finding writing inspiration, and a menu popped up asking me why I was browsing the site. I wanted to say 'to slander your establishment', but I left it. On the plus side, I got the inspiration I wanted. Now I just have to go to jail. :((Only joking McDonald's, I actually have no problem with unhealthy food whatsoever, as long as you don't go mad on it. Please forgive me.

Ok! There's a number of substitution-food ideas for you in a no-milk-emergency. However, if you have some serious health issues, you might want to stock up on apples/bananas, etc. instead. I'm not calling the prior foods EVIL, they're just cheeky. But you know what? Sometimes I'm cheeky, too. By that, I mean I often say to people I'll promote their videos on my blog, then I make fun of them. (Wait till next month). Does me saying 'only joking' afterwards ease the pain? Probably not. And

on that honest note... Bye!