



Breakfast Menus for 1800 Calories Per Day

These menus give you healthy breakfast options that are all approximately 400 calories

Breakfast 1

Cereal with berries - 391 cal

1½ cups whole grain Kashi cereal 270 cal

1 cup skim milk or milk alternative 53 cal

1 cup raspberries 68 cal

8 oz water, green tea or coffee

Breakfast 2

Yogurt with nuts and berries - 393 cal

1 cup non-fat plain yogurt 140 cal

1 cup blueberries 83 cal

1 oz cashew nuts (9 pieces) 170 cal

8 oz water, green tea or coffee

Breakfast 3

Whole wheat bagel with egg whites - 405 cal

1 whole wheat bagel 240 cal

3 egg whites 51 cal

6 oz spinach 114 cal

8 oz water, green tea or coffee

Breakfast 4

Veggie omelet - 402 cal

3 whole eggs or 12 egg whites 210 cal

1 oz feta cheese 70 cal

1 small tomato 16 cal

5.6 oz spinach 106 cal

8 oz water, green tea or coffee

Breakfast 5

English muffin with almond butter - 399 cal

1 whole wheat English muffin 140 cal

1½ tbsp almond butter 143 cal

1 large apple 116 cal

8 oz water, green tea or coffee



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Breakfast 6

Oatmeal with fruit - 407 cal

2 cups instant oatmeal (no added sugar, made with water) 257 cal

2 cups fresh strawberries 90 cal

1 tbsp honey 60

8 oz water, green tea or coffee

Breakfast 7

Egg scramble with smoked salmon - 406 cal

3 oz smoked salmon (3 slices) 99 cal

2 whole and 6 egg whites scrambled 242 cal

1 small orange 65 cal

8 oz water, green tea or coffee

Breakfast 8

Yogurt fruit smoothie - 390 cal

1 cup non-fat plain yogurt 140 cal

1 banana 135 cal

3 oz frozen raspberries 55 cal

1 tbsp honey 60 cal

cinnamon 0 cal

8 oz water, green tea or coffee