



Breakfast Menus for 1000 Calories per Day

These menus give you healthy breakfast options that are all approximately 200 calories

Breakfast 1

Cereal with fruit - 196 cal

¾ cup whole grain Kashi cereal 135 cal
½ cup skim milk or milk alternative 27 cal
½ cup raspberries 34 cal
8 oz water, green tea or coffee

Breakfast 2

Yogurt with nuts and berries - 196 cal

½ cup non-fat plain yogurt 70 cal
½ cup blueberries 41 cal
½ oz cashew nuts (9 pieces) 85 cal
8 oz water, green tea or coffee

Breakfast 3

½ whole wheat bagel or bagel scooped out 120 cal

2 egg whites 34 cal
2 oz spinach 38 cal
8 oz water, green tea or coffee

Breakfast 4

Veggie omelet - 194 cal

1 whole egg or 4 egg whites 70 cal
1 oz feta cheese 70 cal
1 small tomato 16 cal
2 oz spinach 38 cal
8 oz water, green tea or coffee

Breakfast 5

English muffin with almond butter - 218 cal

½ whole wheat English muffin 70 cal
1 tbsp almond butter 95 cal
1 medium apple 53 cal
8 oz water, green tea or coffee



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Breakfast 6

Oatmeal with fruit - 190 cal

¾ cup instant oatmeal (no added sugar, made with water) 129 cal

1 cup fresh strawberries 61 cal

8 oz water, green tea or coffee

Breakfast 7

Egg scramble with smoked salmon - 201 cal

2 oz smoked salmon (2 slices) 66 cal

1 egg scrambled 70 cal

1 small orange 65 cal

8 oz water, green tea or coffee

Breakfast 8

Yogurt fruit smoothie - 190 cal

½ cup non-fat plain yogurt 70 cal

½ banana 68 cal

1 oz frozen raspberries 16 cal

2 tps honey 36 cal

cinnamon 0 cal

8 oz water, green tea or coffee