



Breakfast Menus for 1200 Calories Per Day

These menus give you healthy breakfast options that are all approximately 250 calories

Breakfast 1

Cereal with berries - 267 cals

1 cup whole grain Kashi cereal 180 cals
½ cup skim milk or milk alternative 27 cals
½ cup raspberries 34 cals
8 oz water, green tea or coffee

Breakfast 2

Yogurt with nuts and berries - 252 cals

¾ cup non-fat plain yogurt 105 cals
½ cup blueberries 62 cals
½ oz cashew nuts (9 pieces) 83 cals
8 oz water, green tea or coffee

Breakfast 3

Whole wheat bagel with egg whites - 247 cals

½ whole wheat bagel or bagel scooped out 120 cals
3 egg whites 51 cals
4 oz spinach 76 cals
8 oz water, green tea or coffee

Breakfast 4

Veggie omelet - 264 cals

2 whole eggs or 8 egg whites 140 cals
1 oz feta cheese 70 cals
1 small tomato 16 cals
2 oz spinach 38 cals
8 oz water, green tea or coffee

Breakfast 5

English muffin with almond butter - 260 cals

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



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Breakfast 6

Oatmeal with fruit - 254 cals

1 cup instant oatmeal (no added sugar, made with water) 129 cals

1.5 cups fresh strawberries 125 cals

8 oz water, green tea or coffee

Breakfast 7

Egg scramble with smoked salmon - 271 cals

2 oz smoked salmon (2 slices) 66 cals

2 eggs scrambled 140 cals

1 small orange 65 cals

8 oz water, green tea or coffee

Breakfast 8

Yogurt fruit smoothie - 245 cals

$\frac{3}{4}$ cup non-fat plain yogurt 105 cals

$\frac{1}{2}$ banana 68 cals

2 oz frozen raspberries 36 cals

2 tsps honey 36 cals

cinnamon 0 cals

8 oz water, green tea or coffee