



Breakfast Menus for 1400 Calories Per Day

These menus give you healthy breakfast options that are all approximately 300 calories

Breakfast 1

Cereal with berries - 301 cal

- 1 cup whole grain Kashi cereal 180 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 - 308 cal

- 1 cup non-fat plain yogurt 140 cal
- 1 cup blueberries 83 cal
- ½ oz cashew nuts (9 pieces) 85 cal
- 8 oz water, green tea or coffee

Breakfast 3

Whole wheat bagel with egg whites - 302 cal

- ½ whole wheat bagel or bagel scooped out 120 cal
- 4 egg whites 68 cal
- 6 oz spinach 114 cal
- 8 oz water, green tea or coffee

Breakfast 4

Veggie omelet - 302 cal

- 2 whole eggs or 8 egg whites 140 cal
- 1 oz feta cheese 70 cal
- 1 small tomato 16 cal
- 2 oz spinach 76 cal
- 8 oz water, green tea or coffee

Breakfast 5

English muffin with almond butter - 288 cal

- 1 whole wheat English muffin 140 cal
- 1 tbsp almond butter 95 cal
- 1 small apple 53 cal
- 8 oz water, green tea or coffee



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Breakfast 6

Oatmeal with fruit - 294 cals

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

1¼ cups fresh strawberries 125 cals

2 tsp honey 40 cals

8 oz water, green tea or coffee

Breakfast 7

Egg scramble with smoked salmon - 304 cal

3 oz smoked salmon (3 slices) 99 cals

2 eggs scrambled 140 cals

1 small orange 65 cals

8 oz water, green tea or coffee

Breakfast 8

Yogurt fruit smoothie - 304 cals

1 cup non-fat plain yogurt 140 cals

½ banana 68 cals

2 oz frozen raspberries 36 cals

1 tbsp honey 60 cals

cinnamon 0 cals

8 oz water, green tea or coffee