



# 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 cals**

1 cup whole grain Kashi cereal 180 cals  
1 cup skim milk or milk alternative 53 cals  
1 cup raspberries 68 cals  
8 oz water, green tea or coffee

## Breakfast 2

### **Yogurt with nuts and berries - 308 cals**

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

## Breakfast 3

### **Whole wheat bagel with egg whites - 302 cals**

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

## Breakfast 4

### **Veggie omelet - 302 cals**

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

## Breakfast 5

### **English muffin with almond butter - 288 cals**

1 whole wheat English muffin 140 cals  
1 tbsp almond butter 95 cals  
1 small apple 53 cals  
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