



Breakfast Menus for 1600 Calories Per Day

These menus give you healthy breakfast options that are all approximately 350 calories

Breakfast 1

Cereal with berries - 346 cals

1¼ cups whole grain Kashi cereal 225 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 - 351 cals

1 cup non-fat plain yogurt 140 cals

1 cup blueberries 83 cals

¾ oz cashew nuts (9 pieces) 128 cals

8 oz water, green tea or coffee

Breakfast 3

Whole wheat bagel with egg whites - 357 cals

½ whole wheat bagel or bagel scooped out 120 cals

5 egg whites 85 cals

8 oz spinach 152 cals

8 oz water, green tea or coffee

Breakfast 4

Veggie omelet - 372 cals

3 whole eggs or 12 egg whites 210 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 - 330 cals

1 whole wheat English muffin 140 cals

1 tbsp almond butter 95 cals

1 medium apple 95 cals

8 oz water, green tea or coffee



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Breakfast 6

Oatmeal with fruit - 358 cals

1½ cups instant oatmeal (no added sugar, made with water) 193 cals

1¼ cups fresh strawberries 125 cals

2 tsp honey 40

8 oz water, green tea or coffee

Breakfast 7

Egg scramble with smoked salmon - 355 cals

3 oz smoked salmon (3 slices) 99 cals

2 whole and 3 egg whites scrambled 191 cals

1 small orange 65 cals

8 oz water, green tea or coffee

Breakfast 8

Yogurt fruit smoothie - 356 cals

1 cup non-fat plain yogurt 140 cals

¾ banana 101 cals

3 oz frozen raspberries 55 cals

1 tbsp honey 60 cals

cinnamon 0 cals

8 oz water, green tea or coffee