



# 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 cal**

1¼ cups whole grain Kashi cereal 225 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 - 351 cal**

1 cup non-fat plain yogurt 140 cal

1 cup blueberries 83 cal

¾ oz cashew nuts (9 pieces) 128 cal

8 oz water, green tea or coffee

## Breakfast 3

### **Whole wheat bagel with egg whites - 357 cal**

½ whole wheat bagel or bagel scooped out 120 cal

5 egg whites 85 cal

8 oz spinach 152 cal

8 oz water, green tea or coffee

## Breakfast 4

### **Veggie omelet - 372 cal**

3 whole eggs or 12 egg whites 210 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 - 330 cal**

1 whole wheat English muffin 140 cal

1 tbsp almond butter 95 cal

1 medium apple 95 cal

8 oz water, green tea or coffee



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### Breakfast 6

#### **Oatmeal with fruit - 358 cal**

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

1¼ cups fresh strawberries 125 cal

2 tsp honey 40

8 oz water, green tea or coffee

### Breakfast 7

#### **Egg scramble with smoked salmon - 355 cal**

3 oz smoked salmon (3 slices) 99 cal

2 whole and 3 egg whites scrambled 191 cal

1 small orange 65 cal

8 oz water, green tea or coffee

### Breakfast 8

#### **Yogurt fruit smoothie - 356 cal**

1 cup non-fat plain yogurt 140 cal

¾ banana 101 cal

3 oz frozen raspberries 55 cal

1 tbsp honey 60 cal

cinnamon 0 cal

8 oz water, green tea or coffee