



# Breakfast Menus for 2000 Calories Per Day

These menus give you healthy breakfast options that are all approximately 450 calories

## Breakfast 1

### **Cereal with berries - 463 cal**

1¾ cup whole grain Kashi cereal 315 cal  
1½ cup skim milk or milk alternative 80 cal  
1 cup raspberries 68 cal  
8 oz water, green tea or coffee

## Breakfast 2

### **Yogurt with nuts and berries - 463 cal**

1½ cup non-fat plain yogurt 210 cal  
1 cup blueberries 83 cal  
1 oz cashew nuts (9 pieces) 170 cal  
8 oz water, green tea or coffee

## Breakfast 3

### **Whole wheat bagel with egg whites - 456 cal**

1 whole wheat bagel 240 cal  
6 egg whites 102 cal  
6 oz spinach 114 cal  
8 oz water, green tea or coffee

## Breakfast 4

### **Veggie omelet - 443 cal**

3 whole eggs or 12 egg whites 210 cal  
1 oz feta cheese 70 cal  
1 large tomato 32 cal  
5.6 oz spinach 106 cal  
1 cup green peppers 25 cal  
8 oz water, green tea or coffee



# Breakfast Menus for 2000 Calories Per Day

## Breakfast 5

### **English muffin with almond butter - 446 cals**

- 1 whole wheat English muffin 140 cals
- 2 tbsp almond butter 190 cals
- 1 large apple 116 cals
- 8 oz water, green tea or coffee

## Breakfast 6

### **Oatmeal with fruit - 457 cals**

- 2 cup instant oatmeal (no added sugar, made with water) 257 cals
- 2 cups fresh strawberries 90 cals
- 1 tbsp honey 60 cals
- 1 tbsp walnuts 50 cals
- 8 oz water, green tea or coffee

## Breakfast 7

### **Egg scramble with smoked salmon - 439 cal**

- 4 oz smoked salmon (4 slices) 132 cals
- 2 whole and 6 egg whites scrambled 242 cals
- 1 small orange 65 cals
- 8 oz water, green tea or coffee

## Breakfast 8

### **Yogurt fruit smoothie - 453 cals**

- 1 cup non-fat plain yogurt 140 cals
- 1 banana 135 cals
- 3 oz frozen raspberries 55 cals
- 1 tbsp honey 60 cals
- 2 tsp all natural no sugar peanut butter 63 cals
- cinnamon 0 cals
- 8 oz water, green tea or coffee