



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 cals

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

Breakfast 2

Yogurt with nuts and berries - 463 cals

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

Breakfast 3

Whole wheat bagel with egg whites - 456 cals

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

Breakfast 4

Veggie omelet - 443 cals

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



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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