



Breakfast Menus for 2400 Calories Per Day

These menus give you healthy breakfast options that are all approximately 525 calories

Breakfast 1

Cereal with berries - 535 cals

2 cups whole grain Kashi cereal 360 cals
2 cups skim milk or milk alternative 107 cals
1 cup raspberries 68 cals
8 oz water, green tea or coffee

Breakfast 2

Yogurt with nuts and berries - 523 cals

1½ cup non-fat plain yogurt 210 cals
1 cup blueberries 83 cals
1 oz cashew nuts (9 pieces) 170 cals
1 tbsp. honey 60
8 oz water, green tea or coffee

Breakfast 3

Whole wheat bagel with egg whites - 523 cals

1 whole wheat bagel 240 cals
6 egg whites 102 cals
7 oz spinach 133 cals
1 slice low fat cheese 48
8 oz water, green tea or coffee

Breakfast 4

Veggie omelet - 521 cals

3 whole eggs or 12 egg whites 210 cals
2 oz feta cheese 140 cals
1 large tomato 32 cals
6 oz spinach 114 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 - 521 cals

1 whole wheat English muffin 140 cals
2 tbsp almond butter 190 cals
1 large apple 116 cals
2½ tbsp wild blueberry jelly 75 cals
8 oz water, green tea or coffee

Breakfast 6

Oatmeal with fruit - 537 cals

2 cup instant oatmeal (no added sugar, made with water) 257 cals
2 cups fresh strawberries 90 cals
1½ tbsp honey 90
2 tbsp walnuts 100
8 oz water, green tea or coffee

Breakfast 7

Egg scramble with smoked salmon - 523 cals

4 oz smoked salmon (4 slices) 132 cals
2 whole and 6 egg whites scrambled 242 cals
1 small orange 65 cals
1¼ cup red onion 84 cals
8 oz water, green tea or coffee

Breakfast 8

Yogurt fruit smoothie - 534 cals

1¼ cup non-fat plain yogurt 175 cals
1 banana 135 cals
4 oz frozen raspberries 69 cals
1 tbsp honey 60 cals
1 tbsp all natural no sugar peanut butter 95 cals
cinnamon 0 cals
8 oz water, green tea or coffee