



# Breakfast Menus for 2200 Calories Per Day

These menus give you healthy breakfast options that are all approximately 500 calories

## Breakfast 1

### **Cereal with berries - 508 cal**

2 cups whole grain Kashi cereal 360 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 - 493 cal**

1½ cup non-fat plain yogurt 210 cal  
1 cup blueberries 83 cal  
1 oz cashew nuts (9 pieces) 170 cal  
½ tbsp. honey 30 cal  
8 oz water, green tea or coffee

## Breakfast 3

### **Whole wheat bagel with egg whites - 504 cal**

1 whole wheat bagel or bagel scooped out 240 cal  
6 egg whites 102 cal  
6 oz spinach 114 cal  
1 slice low fat cheese 48 cal  
8 oz water, green tea or coffee

## Breakfast 4

### **Veggie omelet - 513 cal**

3 whole egg or 12 egg whites 210 cal  
2 oz feta cheese 140 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



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### Breakfast 5

#### **English muffin with almond butter - 491 cal**

- 1 whole wheat English muffin 140 cal
- 2 tbsp almond butter 190 cal
- 1 large apple 116 cal
- 1½ tbsp wild blueberry jelly 45 cal
- 8 oz water, green tea or coffee

### Breakfast 6

#### **Oatmeal with fruit - 507 cal**

- 2 cup instant oatmeal (no added sugar, made with water) 257 cal
- 2 cups fresh strawberries 90 cal
- 1 tbsp honey 60 cal
- 2 tbsp walnuts 100 cal
- 8 oz water, green tea or coffee

### Breakfast 7

#### **Egg scramble with smoked salmon - 506 cal**

- 4 oz smoked salmon (4 slices) 132 cal
- 2 whole and 6 egg whites scrambled 242 cal
- 1 small orange 65 cal
- 1 cup red onion 67 cal
- 8 oz water, green tea or coffee

### Breakfast 8

#### **Yogurt fruit smoothie - 499 cal**

- 1 cup non-fat plain yogurt 140 cal
- 1 banana 135 cal
- 4 oz frozen raspberries 69 cal
- 1 tbsp honey 60 cal
- 1 tbsp all natural no sugar peanut butter 95 cal
- cinnamon 0 cal
- 8 oz water, green tea or coffee