

Food Plan: Breakfast

CALORIES

200

300

500

1 Banana and
1 Hard Boiled Egg

100 calorie bagel thin or English muffin, 1 fried egg (in very light olive oil), 2 slices of turkey bacon (grease removed) sandwich with 1/2 cup fresh strawberries

1 Banana (or 1 cup berries)(=about 100 calories), 2 Hard Boiled Eggs(150 calories), 3 slices of Turkey Bacon (grease removed)(150 Calories), 100 calorie yogurt

100 Calorie Yogurt and 1 cup of berries (strawberries, blackberries, blueberries, or raspberries)

100 Calorie Yogurt, 1 cup of berries (same as 200 calorie version), and 2-3 tablespoons of granola (depends on the brand=100 calories)

Instant Oatmeal (made with water=150 calories), 2 teaspoons brown sugar (50 calories), 1 cup berries (100 calories), 1 hard boiled egg (75 calories), 12 oz skim milk (120 calories)

100 calorie breakfast bar and
EITHER 100 calorie yogurt OR
1 cup fresh fruit

1 Banana (OR 1 cup fresh strawberries), 1 Hard Boiled Egg, and EITHER 3 slices of Turkey Bacon (grease removed) OR 100 calories worth of Whole Grain Toast (plain)

100 Calorie Yogurt, 1 cup berries (100 calories), 100 calories of granola, 2 Hard Boiled Eggs or 3 Slices Turkey Bacon (grease removed) (150 calories), 8 oz skim milk (80 calories) OR 1 small apple (45 calories)

Instant Oatmeal (made with water about 150 calories) and 1/2 cup fresh berries OR 2 teaspoons of brown sugar

Instant Oatmeal (made with water about 150 calories) 2 teaspoons brown sugar and 1 cup berries (or 1 banana)

100 calorie bagel thin or English muffin, 2 slices Turkey Bacon (grease removed)(100 calories), 1 slice of cheese (100 calories), 2 eggs (fried with very little olive oil) (175 calories), and 1 small apple (45 calories)

2 slices of turkey bacon (grease removed), 1/2 cup fresh fruit, and 1 hard boiled egg

100 calorie breakfast bar, OR 100 calorie yogurt, OR 1 cup fresh fruit and Carnation Instant Breakfast shake made with skim milk (200 calories)

Carnation Instant Breakfast shake made with skim or soy milk (200 calories), 1 cup fresh fruit, Instant Oatmeal (made with water=150 calories), and 2 teaspoons brown sugar