

Seven Low-Calorie Breakfast Meals to Jump-Start Your Eat Well Journey

Start each morning with a balanced breakfast that provides protein, fiber, and essential nutrients to help keep you energized and satisfied. Each meal below contains approximately **250–350 calories**.

Day	Breakfast	Approx. Calories
Day 1	Greek Yogurt Berry Bowl ¾ cup plain nonfat Greek yogurt, ½ cup mixed berries, 1 tablespoon chopped walnuts, and a sprinkle of cinnamon.	270
Day 2	Veggie Egg Scramble Two eggs scrambled with spinach, tomatoes, and mushrooms, served with one slice of whole-grain toast.	300
Day 3	Overnight Oats ½ cup rolled oats, ½ cup unsweetened almond milk, ½ banana (sliced), 1 teaspoon chia seeds, and cinnamon.	290
Day 4	Cottage Cheese & Fruit 1 cup low-fat cottage cheese with fresh pineapple chunks and a few sliced almonds.	280
Day 5	Peanut Butter Banana Toast One slice whole-grain toast topped with 1 tablespoon natural peanut butter and ½ sliced banana.	310
Day 6	Green Breakfast Smoothie Blend 1 cup spinach, ½ banana, ½ cup frozen berries, ¾ cup unsweetened almond milk, and ½ cup plain Greek yogurt.	260
Day 7	Avocado Egg Toast One slice whole-grain toast topped with ¼ mashed avocado and one poached or boiled egg, served with sliced tomatoes.	320

Healthy Tips

- Choose **whole grains** over refined grains for longer-lasting energy.
- Include **20–30 grams of protein** whenever possible to help reduce hunger.
- Add **fresh fruit or vegetables** to boost vitamins, minerals, and fiber.
- Drink a **glass of water** with breakfast to support hydration.
- Limit added sugars and highly processed breakfast foods.

Remember: *A healthy breakfast doesn't have to be complicated. Small, consistent choices each morning can help build habits that lead to lasting health and wellness.*