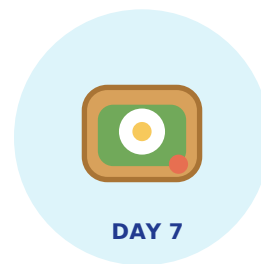


SEVEN LOW-CALORIE

BREAKFAST MEALS

A colorful, practical guide to help you start each morning with protein, fiber, and essential nutrients.



APPROX. 250-350 CALORIES

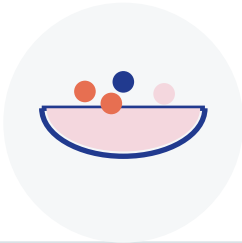
Eat well. Feel energized. Build healthy habits.

Your 7-Day Breakfast Plan

Simple ingredients. Balanced choices. Delicious mornings.

DAY 1

270 CAL



Greek Yogurt Berry Bowl

WHAT YOU NEED

3/4 cup plain nonfat Greek yogurt, 1/2 cup mixed berries, 1 tablespoon chopped walnuts, and a sprinkle of cinnamon.

DAY 2

300 CAL



Veggie Egg Scramble

WHAT YOU NEED

Two eggs scrambled with spinach, tomatoes, and mushrooms, served with one slice of whole-grain toast.

DAY 3

290 CAL



Overnight Oats

WHAT YOU NEED

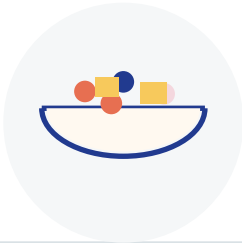
1/2 cup rolled oats, 1/2 cup unsweetened almond milk, 1/2 banana (sliced), 1 teaspoon chia seeds, and cinnamon.

Keep the Momentum Going

Three more satisfying breakfasts to help you stay consistent.

DAY 4

280 CAL



Cottage Cheese & Fruit

WHAT YOU NEED

1 cup low-fat cottage cheese with fresh pineapple chunks and a few sliced almonds.

DAY 5

310 CAL



Peanut Butter Banana Toast

WHAT YOU NEED

One slice whole-grain toast topped with 1 tablespoon natural peanut butter and 1/2 sliced banana.

DAY 6

260 CAL



Green Breakfast Smoothie

WHAT YOU NEED

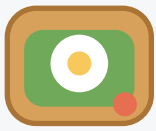
Blend 1 cup spinach, 1/2 banana, 1/2 cup frozen berries, 3/4 cup unsweetened almond milk, and 1/2 cup plain Greek yogurt.

Finish Strong

Complete the week with a satisfying favorite - then use the tips below to keep going.

DAY 7

320 CAL



Avocado Egg Toast

WHAT YOU NEED

One slice whole-grain toast topped with 1/4 mashed avocado and one poached or boiled egg, served with sliced tomatoes.

HEALTHY BREAKFAST TIPS

- 1 Choose whole grains**
over refined grains for longer-lasting energy.
- 2 Include 20-30 grams of protein**
whenever possible to help reduce hunger.
- 3 Add fresh fruit or vegetables**
to boost vitamins, minerals, and fiber.
- 4 Drink a glass of water**
with breakfast to support hydration.
- 5 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.