

7 Breakfast choices

Plain Egg White Omelet on Natures Own Wheat & Fiber toast- calories 128

Fruit side: 1 cup sliced strawberries- calories 53

1 8oz glass of skim milk- calories 80

Total calories- 261

Total carbs- 28.4

Protein- 28.5

Fiber- 5.3

Breakfast Parfait

1- (6 oz) cup of Choban Greek yogurt/nonfat vanilla- calories 120

½ cup Kashi Go Lean cereal- calories 70

½ cup slices strawberries- calories 26.5

½ cup raw blueberries- calories 41.5

Total calories- 258

Total carbs- 36

Protein- 23.6

Fiber- 8.4

Peanut Butter Toast

1 slice Natures Own Wheat & Fiber toasted- calories 60

2 Tbsp of an all natural Peanut butter, Almond butter or Naturally More Flaxseed butter

	<u>PB</u>	<u>Almond</u>	<u>Flaxseed</u>
Total calories	250	240	229
Total carbs	11	10	11
Protein	12	10	15
Fiber	4	6	6

Old Fashioned Oatmeal

(original or 1 minute quick oats) + cinnamon to taste

Option #1 serving size: ½ cup dry oats prepared with water- calories 150

Option #2 serving size: ½ cup dry oats with 1 cup skim milk- calories 230

Add In's: (a few almonds) 1 almond has 7 calories: 1/8 cup = 85 calories, you can add a serving of 1/8 cup to option #1 for a total of 235 calories

Option #1 Oatmeal with 1/8 cup almonds

Total calories- 235

Total carbs- 24

Protein- 8

Fiber- 6

Breakfast Burrito

1 whole wheat tortilla

2 scrambled egg whites

2-3 Tbsp low fat pepper jack cheese or low fat Mexican cheese blend

2-3 Tbsp fresh salsa mix-see recipe or can purchase already made

1 slice of Turkey or vegan Bacon chopped

Total calories- 215

Total carbs- 19

Protein- 16.2

Fiber- 3

Oatmeal pancakes (2) 4" pancakes- calories 220

Add In's -1 Tbsp pure maple syrup- calories 52, or try another topping choice...

Add In-1 Tbsp all natural peanut butter spread while warm- calories 95

Add In- fruit mix (¼ cup chopped strawberries & ¼ cup blueberries)- calories 34

Add In- 1 (4oz.) cup of all natural/no sugar added applesauce room temp- calories 50

Oatmeal pancakes with fruit mix

Total calories- 254

Total carbs- 33.8

Protein- 5.5

Fiber- 5.7

Grab & Go Breakfast (no time to eat, don't leave empty handed)

1 Kashi TLC bar- calories 140

1 6oz. Greek Chobani Yogurt- calories 120 or 1 small serving of fruit with bar

Kashi bar with yogurt option

Total calories- 260

Total carbs- 28

Protein- 23

Fiber- 4

Beverages recommended

Water, Decaf Coffee & Decaf Teas (unsweetened) Skim Milk

Fruit Juices are not recommended because they are stripped of their fiber & contain too much sugar. You need to get your vitamins from the foods you eat & supplements, ask about our liquid vitamin supplement Vemma.

Healthy Snack Options

Choose your snacks depending on your allowed daily calorie intake. We have provided some very low calorie options & you can add or subtract amounts as needed to meet your calorie needs.

1 Low Fat all Natural Cheese Stick-(Frigo all natural brand, Wal-Mart carries)

5 stalks of celery

Total calories 70

Total carbs 3.5 (2 net carbs)

Protein 8

Fiber 1.5

Low Fat Cottage Cheese-(Organic Valley) 1/2 cup

1 cup Sliced Strawberries

Total calories 153

Total carbs 16.7 (13.4 net carbs)

Protein 16.1

Fiber 3.3

Choban Vanilla Greek Yogurt 4 oz.

1/2 cup Raw Blueberries

Total calories 121

Total carbs 19.5 (16 net carbs)

Protein 12

Fiber 3.5

1 cup Apple Slices (never peeled, that's where your fiber is)

1 Tbs all-natural Peanut butter

Total calories 152

Total carbs 18 (14 net carbs)

Protein 4

Fiber 4

Laughing Cow Cheese Light Garlic & Herb (2 cheese wedges)

AK-Mak Crackers (2 crackers) *These are not tiny crackers, promise!

Apple Slices (1/2 cup)

Total calories 144

Total carbs 17 (15 net carbs)

Protein 8

Fiber 2

Celery Stalks with Peanut Butter

2 Stalks/1 Tbs All-Natural Peanut Butter

Total calories 99

Total carbs 4 (2.4 net carbs)

Protein 3.7

Fiber 1.6

Veggie Green Mix

Chop veggie & put in baggies to grab & go!

2/3 cup sugar snap peas- 35 calories

1/2 cup chopped zucchini- 10 calories

3 stalks chopped celery- 6 calories

1 cup sliced green peppers- 33

1 cup raw or slightly steamed broccoli- 30

Total calories 114
Total carbs 22 (14 net carbs)
Protein 7
Fiber 8

Kashi TLC snack Bar- (There are several varieties)

Dark Mocha Almond
Total calories 130
Total carbs 21 (15 net carbs)
Protein 6
Fiber 4