

HEALTHY BREAKFAST CALORIE GUIDE

Breakfast Item	Standard Serving	Est. Calories
Greek Yogurt with Mixed Berries	1 cup + 1/2 cup berries	180
Oatmeal with Sliced Banana	1 cup cooked	210
Avocado Toast on Whole Grain	1 slice + 1/2 avocado	280
Hard Boiled Eggs	2 Large	140
Smoothie (Spinach, Protein, Almond Milk)	12 oz	220
Cottage Cheese with Pineapple	1/2 cup	160
Chia Seed Pudding	1/2 cup	190
Veggie Omelet (3 Eggs + Peppers/Onion)	1 plate	310

*Calorie counts are approximations based on standard ingredients.