

BREAKFAST NUTRITIONAL GUIDE

Balanced morning meal options per standard serving

BREAKFAST IDEA	CALORIES	PROTEIN	CARBS	FATS
Avocado Toast (Whole Grain)	280 kcal	8g	24g	18g
Greek Yogurt w/ Berries	190 kcal	17g	16g	4g
Overnight Oats (Mason Jar)	310 kcal	11g	45g	9g
Scrambled Eggs & Spinach	210 kcal	14g	3g	15g
Protein Pancake (Single)	150 kcal	12g	18g	3g
Chia Seed Pudding	240 kcal	6g	19g	15g
Smoked Salmon Bagel (Half)	260 kcal	15g	32g	8g

*Values are approximate estimates based on standard portion sizes.