

Breakfast Ideas

Low-fat Greek Yogurt (1 c.)
Berries (3/4 cup)
Low-Sugar Granola (2 Tbsp.)
Nut Butter (1 Tbsp.)

350 CAL, 13g FAT, 35g CARB, 30g PRO, 3g fiber
4 servings PRO; 2 servings CARB

Protein Shake
Small Pear or Orange
Whole Grain Toast (1 Slice)
Nut Butter (1 Tbsp.)

430 CAL, 10g FAT, 30-45g CARB, 30g PRO, 6g fiber
4 servings PRO; 2-3 servings CARB

Canadian or Turkey Bacon (2 slices)
Whole Grain Toast (2 slices)
One Egg or ½ cup Egg Whites or Egg Beaters
Avocado Wedge (1/4 piece)
Tomato Slice
Small Apple

280-350 CAL, 3-8g FAT, 45g CARB, 23g PRO, 8g fiber
3 servings PRO; 3 servings CARB

Veggie Sausage Patty
Whole Grain English Muffin
Two Eggs or ½ cup Egg Whites or Egg Beaters
Low-fat Cream Cheese (1 Tbsp.)
Tomato Slice
Large Kiwi

400 CAL, 7-17g FAT, 45g CARB, 28g PRO, 10g fiber
4 servings PRO; 3 servings CARB

Bagel Thin, Mini Bagel, or ½ Bagel
Nut Butter (1 Tbsp.)
Small Banana (or ½ Large Banana)
Low-FAT Greek Yogurt (1/2 cup)

385 CAL, 11g FAT, 45g CARB, 26g PRO, 8g fiber
4 servings PRO; 3 servings CARB

High-Protein Cereal (1 c. or 1 serving)
Non-fat Milk or Unsweetened Plant-Based "Milk" (1 c.)
Raspberries (3/4 cup)

300 CAL, 1-3g FAT, 45g CARB, 12-18g PRO, 3g fiber
3 servings PRO; 3 servings CARB

Low-fat Cottage Cheese (1 c.)
Chopped Pineapple (3/4 c.)
Whole Grain Toast (1 slice)

320 CAL, 5g FAT, 35g CARB, 30g PRO, 6g fiber
4 servings PRO; 2 servings CARB



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