

Nutrition for Fitness and Sports Lifestyles Better Diets Begin with Breakfast

200 Calorie Breakfast Ideas	300 Calorie Breakfast Ideas
<p>Whole grain, no sugar cereal such as Kashi GoLean cereal-3/4 cup Nonfat Milk-1/2 cup Grapefruit sections- 3/4 cup</p>	<p>Whole grain, no sugar cereal such as Kashi GoLean cereal-1 1/2 cups Nonfat Milk-1/2 cup Grapefruit sections- 3/4 cup</p>
<p>Original rolled oats old fashioned oatmeal-1/4 cup Nonfat milk- 1/2 cup Raisins-1/8 cup</p>	<p>Original rolled oats old fashioned oatmeal-1/2 cup Nonfat milk- 1/2 cup Raisins-1/4 cup</p>
<p>1 Large egg, pan fried in olive oil spray Whole grain bread-1 slice Pineapple -1/3 cup</p>	<p>1 Large egg, pan fried in olive oil spray Whole grain bread-2 slices Pineapple -3/4 cup diced</p>
<p>1/2 Whole grain Bagel Light cream cheese-1oz. 1/2 medium banana</p>	<p>1/2 Whole grain Bagel Light cream cheese-1oz. 1 medium banana</p>
<p>Shake made with non sweetened whey or soy protein powder (Juice Plus) Milk-1/2 cup Pineapple-1/3 cup Flax seed oil-1/2 tsp.</p>	<p>Shake made with non sweetened whey or soy protein powder (Juice Plus) Milk-1/2 cup Pineapple-1/3 cup Flax seed oil-1 tbsp.</p>
<p>Open faced breakfast sandwich: 1 poached egg 1 Low fat cheese slice Mustard-1 tsp. Whole grain bread-1 slice Nectarine-1/3 cup slices</p>	<p>Open faced breakfast sandwich: 1 poached egg 1 Low fat cheese slice Mustard-1 tsp. Whole grain bread-1 slice Sliced bananas-1 cup</p>
<p>Egg white omelet: 1/4 egg white Low fat Cheddar or Colby cheese-1/4 cup Bell Peppers-1/4 cup Onions-1/4 cup Seasonings Whole grain bread- 1 slice</p>	<p>Egg white omelet: 3/4 egg white Low fat Cheddar or Colby cheese-1/2 cup Bell Peppers-1/4 cup Onions-1/4 cup Seasonings Whole grain bread- 1 slice</p>
<p>No fat pita pocket Light cream cheese- 2 tbsp. Orange juice-1/2 cup Decaf coffee-1 cup</p>	<p>No fat pita pockets-2 Light cream cheese- 4 tbsp. Orange juice-1/2 cup Decaf coffee-1 cup</p>