

300 CALORIE

Oats 'n Berries

Top 1 cup cooked steel-cut oats (or Irish oatmeal) with 1 cup sliced fresh or frozen mixed berries. (Oats should be measured after cooking and should be made with skim milk or soy milk.)

Fiberlicious

1 cup high-fiber breakfast cereal, such as Fiber One® or Kashi GoLean®, topped with 1 cup soy milk and 2 Tbsp. chopped walnuts.

Mediterranean Egg White Omelet

In a non-stick skillet coated with cooking spray, make an egg white omelet with 3 egg whites, 1 oz. low-fat crumbled feta cheese and 1 cup fresh spinach. Serve with ½ a whole-grain English muffin.

PBJ & O

Top 1 slice whole-grain toast with 1 Tbsp. all-natural peanut butter and 1 tsp. all-fruit jam. Serve with a navel orange.

English Breakfast Sandwich

Top a toasted whole-grain English muffin with 2 slices turkey bacon, 1 scrambled egg and 2 slices tomato. Serve with 1 cup cubed cantaloupe.

The Bluebird's Nest

Poach 2 eggs and serve on 1 slice whole wheat toast with 1 cup blueberries on the side.

Strawberries 'n Cream of Wheat®

Top 1 cup of Cream of Wheat cereal (measure cereal after cooking and prepare with skim milk or soy milk) with 1 cup sliced fresh or frozen strawberries.

Not Your Kid's Cereal

Mix ½ cup 1% cottage cheese with ½ cup high-fiber breakfast cereal (such as All-Bran® with Extra Fiber or Fiber One), ½ cup mixed berries and 1 Tbsp. flaxseeds.

Melon Morning

Slice one cantaloupe in half and scoop out the seeds. Fill the half with 2/3 cup nonfat plain yogurt, 2 Tbsp. flaxseeds and 1 Tbsp. slivered almonds.

Egg-cellent Protein Wrap

Fill 1 6-inch whole wheat tortilla (should have about 60 calories) with 2 scrambled eggs, 2 slices avocado and 2 slices tomato. Serve with ½ a fresh grapefruit.