



Calorie Options	Calorie per Serving	Total Carb:	Power Up Breakfast
120	120	0	2 Nest Fresh Cage Free Hard Cooked Boiled Egg
190	70	1	HEB/Kroger Turkey Jerky
330	40	10	1 Dole No Sugar Added Mandarin Orange
380	50	0	String Cheese Stick
530	150	15	1 pkg Gourmet Power Up
		26	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Protein Packed Breakfast
120	120	2	2 Applegate Naturals Chicken & Maple Breakfast Sausage Patties
210	90	6	Chobani Original No Fat plain greek yogurt
270	60	15	3/4 cup Berries
370	100	0	100 Pack Nuts
470	100	8	Mini Kind Bar
		31	Total Carb



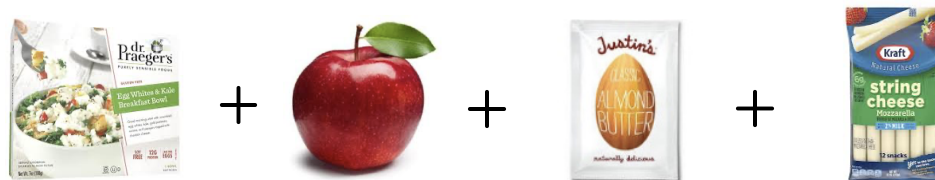
Calorie Options	Calorie per Serving	Total Carb:	Cottage Cheese Breakfast
110	110	11	Breakstone's Cottage Double's 2% Pineapple Cottage Cheese
200	90	15	9 Blue Diamond Multi-Seed Crackers
280	80	5	2 oz package Go Verden Guacamole
380	100	5	Muscle Milk 100
480	100	0	1 pkg 100 kcal pack nuts
		36	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Yogurt and Granola
80	80	9	Dannon Light & Fit vanilla yogurt
200	120	23	Bear Naked Fit Triple Berry Crunch 1/4 cup
300	100	0	100 Pack Nuts
400	100	8	Mini Kind Bar
500	100	0	String Cheese
		40	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Bagel and Cream Cheese Breakfast
110	110	24	Thomas's Whole Wheat Bagel Thin
210	100	2	2 Tbsp Philadelphia Whipped Cream Cheese
310	100	2	Muscle Milk 100
370	60	15	3/4 cup Berries
420	50	0	String Cheese
520	100	0	100 Pack Nuts
		43	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Egg White Breakfast
200	200	22	Dr. Praeger's Egg Whites & Kale Breakfast Bowl
280	80	20	Medium Apple
390	110	3	1 Tbsp Justin's Almond Butter
490	100	0	2 string cheese sticks
		45	Total Carb

MENU PLANNING



Calorie Options	Calorie per Serving	Total Carb:	Breakfast Burrito Meal
230	230	29	El Monterey Egg, Turkey, Sausage, & Cheese
310	80	5	Go Verden Guacamole, 2 oz Package
360	50	12	2 Wasa Hearty Crispbread Crackers
410	50	0	6 Almonds/cashews
510	100	0	12 Almonds/cashews
		46	Total Carb



Calorie Options	Calorie per Serving	Total Carb:	Cereal Breakfast
95	95	23	1/2 cup Frosted Mini Wheats Cereal
195	100	0	100 pack nuts
235	30	1	Individual Blue Diamond Almond Breeze Unsweetened Vanilla Almond Milk
295	60	15	2 Tbsp Mini Box Raisins
395	100	0	(2) string cheese
495	100	8	Mini Kind Bar
		46	Total Carb



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Calorie Options	Calorie per Serving	Total Carb:	Breakfast Sandwich Meal
250	250	28	Jimmy Dean Delights English Muffin Turkey, Egg White & Cheese
275	50	12	2 Diced Peaches Fruit Cup
365	90	7	Breakstone's Small Curd 2% Cottage Cheese, Snack size
415	50	0	6 Almonds/cashews
515	100	0	12 Almonds/cashews
		47	Total Carb



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Calorie Options	Calorie per Serving	Total Carb:	Oatmeal Bowl
190	190	33	Think! Protein and Fiber Farmer's Market Berry Crumble Oatmeal Bowl
290	100	2	Muscle Milk 100
390	100	0	12 Almonds/Cashews
440	50	0	6 Almonds/Cashews
490	50	12	2 Del Monte No Sugar Added Diced Peaches
		47	Total Carb



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Calorie Options	Calorie per Serving	Total Carb:	Waffle Breakfast
190	190	33	2 Nature's Path Organic Buckwheat Wildberry Gluten-free Waffles
300	110	3	1 Tbsp Justin's Almond Butter
420	120	12	Horizon 1% Milk
520	100	0	100 pack nuts
		48	Total Carb