

Breakfast Menus for Pregnancy

How to Use Our Menus

Mix and match the menu ideas in this guide to create a meal plan that suits you and your lifestyle. Pick between **400 calorie** and **600 calorie** meals for your breakfast! We designed these menus to include options that are ideal for at home, in the office, or in the car.



Tip: Don't like all the products in our menu ideas? Click on the **product images** for product alternatives in the same food category!

400 calorie recipes

- Cinammon Oatmeal Cup
- Egg-vocado Wrap
- Turkey & Egg Breakfast Sandwich
- Creamy Swiss Bagel
- Toaster Pastry & Shake
- Protein & Berry Duo

600 calorie recipes

- Blueberry Waffles
- Loaded Oatmeal
- Almond Butter Bagel
- Cheesy BeanBurrito
- Fruity Protein Smoothie
- Nutty Banana Bagel



Breakfast - 400 cal

Cinammon Oatmeal Cup



- 1 - Kodiak Cakes Cinnamon Oatmeal cup
- 1 Tbsp - Flax Seeds (ground)
- 1/2 - Banana (sliced)
- 2 patties - Applegate Chicken & Maple Sausage Patty



Egg-vocado Wrap



- 2 eggs
- 1/4 of avocado
- 1 whole wheat tortilla
- 2 Tbs Clint's Salsa
- 1 dannon triple zero yogurt



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Breakfast - 400 cal

Turkey & Egg Breakfast Sandwich



- 1 Jimmy Dean Delights English Muffin Turkey and Egg
- 1 Delmonte No Sugar Added Fruit Mix
- 1 Yoplait Protein Yogurt



Creamy Swiss Bagel



- 1 Thomas Plain Mini Bagel
- 2 Laughing Cow Light Creamy Swiss Cheese
- 1 Premier Protein Shake
- 1 Banana



Breakfast - 400 cal

Toaster Pastry & Shake



- 1 Legendary Protein Pastry
- 1 Premier Protein Shake
- 1 Applesauce Squeeze



Protein & Berry Duo



- P3 Turkey, Almond, Colby Jack Pack
- 3/4 cup Quaker Oat Squares
- 1 Light & Fit Mixed Berrie Smoothie



Breakfast - 600 cal

Blueberry Waffles



- 2 Kodiak Cake Blueberry Power Waffle
- 2 Tbsp Nut Butter
- 1 Cup Fairlife Milk
- 1 Serving of Mott's No Sugar Added Applesauce



Loaded Oatmeal Bowl



- 1/2 Cup of Dry Bob's Red Mill Rolled Oats
- 1 Cup of Fairlife Milk
- 2 Tbsp of PB2 Dry Peanut Powder
- 2 Tbsp Walnuts
- 2 Tbsp Raisins
- 3 Slices of Jennie O Turkey Bacon



Breakfast - 600 cal

Almond Butter Bagel



- 1 Thomas' Whole Grain Bagel
- 1 package of Justin's Almond Butter
- 1 Oikos Protein Yogurt



Cheesy Bean Burrito



- 1 Amy's Bean & Cheese Burrito
- 1 Wholly Guacamole Minis
- 1 Breakstone Cottage Cheese single
- 1 Delmonte No Sugar Added Fruit Cup



Breakfast - 600 cal

Fruity Protein Smoothie



- 1 cup of Fairlife Milk
- 1 Package of Dole Mixed Berry Oatmeal Smoothie Mix
- 1 Tbsp of Ground Flax Seeds
- 1 Serving of Orgain Protein Powder-Natural Flavor
- 1 Kind Roasted Nut & Sea Salt Bar



Nutty Banana Bagel



- 2 Hard Boiled Peeled Eggs
- 1 Thomas Plain Mini Bagel
- 1 Package of Justin's Almond Butter Squeeze
- 1 Banana
- 1 Kraft String Cheese

