

# Simple Healthy Breakfast Meal Plan (7 Days)

A structured plan with detailed recipes makes your mornings easier and more consistent. Moreover, it helps you prepare balanced meals without confusion. Therefore, these step-by-step recipes support better nutrition and save time.

Day	Meal	Calories	Protein	Carbs	Fats	Fiber
1	Oatmeal + Berries + Nuts	350	10g	45g	15g	8g
2	Eggs + Toast + Avocado	400	18g	30g	22g	7g
3	Smoothie	300	20g	35g	10g	5g
4	Yogurt + Fruits	280	18g	25g	10g	4g
5	Toast + Nut Butter	350	12g	40g	16g	6g
6	Omelette + Bread	380	20g	28g	18g	5g
7	Overnight Oats	320	12g	42g	12g	7g

**Day 1:** Oatmeal with berries and nuts. Cook oats with milk, top with berries and nuts.

**Day 2:** Eggs with toast and avocado. Cook eggs, toast bread, add mashed avocado.

**Day 3:** Smoothie with fruits and protein. Blend all ingredients.

**Day 4:** Greek yogurt with fruits and seeds. Mix and serve.

**Day 5:** Toast with nut butter and banana.

**Day 6:** Vegetable omelette with toast.

**Day 7:** Overnight oats with chia seeds and fruits.