

**BREAKFAST AND BRUNCH
UNDER 220 CALORIES**

A



1. Mediterranean Biker brunch (153 cal, p.28)
2. Stove-top granola (213 cal, p.16)
3. Buckwheat pancakes with eggs and mushrooms (193 cal, p.32)

**BREAKFAST AND BRUNCH
UNDER 300 CALORIES**

B



1. Avocado on toast (272 cal, p.22)
2. Smoothies (103/275/70 cal, p.18)
3. Corned beef hash (248 cal, p.36)