

Breakfast Planner

- Step 1: Pick one breakfast you will have on week days. Just one will keep it simple and repeatable.
- Step 2: Pick one breakfast for Saturday and one for Sunday. This will give you variety.
- Step 3: Make a grocery list of the items you need for your menu. Do not add anything else to your list.
- Step 4: Just follow the plan!



On this day I am having...

| | | |
|---|-----|---|
| S | M-F | S |
| | | |
| S | M | S |
| | | |

For this meal I need to buy...

Quick Weekday Breakfast Choices

- 1 slice of 100% whole grain bread topped with 1 fried egg, a small handful of spinach, 2-3 slices of avocado served with 1 cup of berries
- 2 hardboiled eggs, with a medium banana and 1-2 tablespoons of natural almond butter
- 3/4 cup of plain greek yogurt with 1/4 cup of walnuts or slivered almonds and 1/4 cup plain uncooked oats, top with cinnamon
- Hot Cereal Quinoa: 1/2 cup of left over quinoa, 1/2 cup of plain almond milk, 1 tsp of honey, pinch of salt, 2 tbsp of slivered almonds. Heat all ingredients in microwave for 1 minute.

Spinach Blueberry Shake

- 1/2 cup frozen blueberries
- 2 cups of fresh spinach
- 1 scoop of vanilla whey protein
- 1/2 cup coconut milk
- 1/2 cup water

Blend in blender until smooth. Add more or less water depending on desired thickness. Add a little honey if need to sweeten.

Weekend Breakfast Choices

Best Healthy Pancakes Ever

- 1/2 cup of whole oats (Bob's Red Mill is free of gluten contamination if you are gluten sensitive)
- 1/2 cup cottage cheese
- 1/2 cup eggs (3 eggs)
- 1/2 tsp vanilla extract
- 1/2 tsp butter flavoring
- 1/2 cup blueberries or strawberries

Blend oats, eggs, cottage cheese, vanilla and butter flavoring until smooth. Add small amounts of water to thin if needed. Heat skillet and pour batter and cook as normal pancakes. Top with fruit.

Breakfast Hash

- Chicken sausage – no nitrites
- zucchini
- green onions
- coconut oil

Dice sausage and veggies. Heat oil on skillet. Sauté all ingredients in skillet until veggies are tender.

Green Chili Feta Cheese Omelet

- 2-3 free range omega 3 eggs
- green chili
- feta cheese
- Sea salt and pepper

Make omelet with chili and feta cheese. Feta is salty so salt eggs lightly if at all.

Spicy Savory American Favorite

- 2 fried eggs in extra virgin olive oil
- 1-2 slices of nitrate free bacon
- 1 handful of arugula
- ½ cup of sautéed bell peppers and onion
- 1 medium fresh orange, sliced

Make fried eggs to your liking. Saute peppers and onions for