

Breakfasts:	Ingredients:	Instructions:						
<p>Breakfast 1 Oven Baked</p> <p>Sausage-Zucchini Crustless Quiche</p> <p><i>Balsamic Strawberries</i></p> <p> <table border="1" data-bbox="194 483 470 535"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>30m</td> <td>40m</td> </tr> </table></p>	Prep	Cook	Total	10m	30m	40m	<p>1 Tbsp olive oil 1 (12-oz) pkg Italian turkey sausage, casings removed 1 small zucchini, sliced 8 large eggs 1 Tbsp Dijon mustard ½ tsp garlic salt ½ tsp pepper</p> <hr/> <p>2 cups sliced fresh strawberries 1 Tbsp honey 1½ tsp balsamic vinegar</p>	<p>Preheat oven to 375°F. Heat oil in large skillet over medium heat. Add sausage and zucchini; cook 5 to 6 minutes or until sausage is not longer pink, stirring to crumble sausage. Remove from heat, and cool 5 minutes. Spread sausage mixture in bottom of a greased 9-inch pie plate. Whisk together eggs, mustard, garlic salt, and pepper. Pour over sausage mixture in pie plate. Place pie plate on a rimmed baking sheet. Bake 25 minutes or until center is set. Let stand 5 minutes before cutting into wedges.</p> <hr/> <p><i>Stir together strawberries, honey and vinegar in a medium bowl.</i></p>
Prep	Cook	Total						
10m	30m	40m						
<p>Breakfast 2 Quick Smoothie</p> <p>Blueberry-Almond Butter Smoothie</p> <p> <table border="1" data-bbox="194 892 470 945"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>0m</td> <td>10m</td> </tr> </table></p>	Prep	Cook	Total	10m	0m	10m	<p>1 (16-oz) pkg frozen blueberries (or use 3¼ cups fresh blueberries) 1 (13.5-oz) can unsweetened coconut milk 2 bananas, sliced ½ cup almond butter 3 Tbsp honey 1 tsp vanilla extract</p>	<p>Process blueberries, 1 cup ice, coconut milk, bananas, almond butter, honey, and vanilla in a blender; scrape down sides as needed. Add enough water to reach desired consistency. Note: For additional protein, serve with boiled eggs or raw almonds.</p>
Prep	Cook	Total						
10m	0m	10m						
<p>Breakfast 3 Super Fast</p> <p>Cajun-Style Pork Chops</p> <p><i>Cauliflower Grits</i></p> <p> <table border="1" data-bbox="194 1228 470 1281"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>15m</td> <td>25m</td> </tr> </table></p>	Prep	Cook	Total	10m	15m	25m	<div data-bbox="714 1207 1347 1690" style="background-color: #90EE90; padding: 20px; text-align: center;"> <p>Click Here to order this meal plan</p> <p>Start Now</p> </div>	
Prep	Cook	Total						
10m	15m	25m						
<p>Breakfast 4 Make Ahead</p> <p>Orange and Pistachio Chia Pudding</p> <p> <table border="1" data-bbox="194 1774 470 1827"> <tr> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>5m</td> <td>15m</td> </tr> </table></p>	Prep	Cook	Total	10m	5m	15m		
Prep	Cook	Total						
10m	5m	15m						

Breakfasts:	Ingredients:	Instructions:							
<p>Breakfast 5 Skillet Meal</p> <p>Mushroom and Ham Omelets</p> <p><i>Chilled Clementines</i></p> <table border="1" data-bbox="105 478 472 541"> <tr> <td rowspan="2"></td> <td>Prep</td> <td>Cook</td> <td>Total</td> </tr> <tr> <td>10m</td> <td>20m</td> <td>30m</td> </tr> </table>		Prep	Cook	Total	10m	20m	30m	<p>5 Tbsp olive oil, divided 2 (8-oz) pkg fresh sliced mushrooms 1 (12-oz) pkg diced ham, chopped 12 large eggs</p> <hr/> <p>4 <i>clementines</i></p>	<p>Heat 1 Tbsp oil in a large skillet over medium-high heat. Add mushrooms, and cook 8 minutes or until browned. Add ham to skillet; cook 3 minutes or until lightly browned. Heat 1 Tbsp oil in a 6-inch omelet pan or small nonstick skillet over medium heat. Crack 3 eggs into a small bowl; add desired amount of salt and pepper, and stir with a whisk. Add beaten eggs to pan. Cook 2 minutes or until edges are just set. Add one-fourth of mushrooms and ham to one side of omelet. Carefully fold other side over mushroom mixture. Cook 1 minute or until center is set. Remove from pan. Repeat 3 times with remaining oil, eggs, and mushroom mixture (making 4 omelets).</p> <hr/> <p><i>Peel and section clementines. Cover and refrigerate until ready to serve.</i></p>
		Prep	Cook	Total					
	10m	20m	30m						

Breakfast	✓	Grocery Items to Purchase
		Produce
1		1 large container strawberries, need 2 cups sliced
1		1 small zucchini
2		2 bananas
3		1 lemon
3		1 (12-oz) bag cauliflower florets
4		1 orange
5		2 (8-oz) pkg fresh sliced mushrooms
5		4 clementines
		Meat & Seafood
1		1 (12-oz) pkg Italian turkey sausage
3		4 (4-oz) boneless pork chops
		Refrigerated
1,5		2 dozen large eggs, need 20
		Frozen
2		1 (16-oz) pkg frozen blueberries (or use 3¼ cups fresh blueberries)
		Canned & Packaged
2,4		2 (13.5-oz) cans unsweetened coconut milk
3		1 (14.5-oz) can chicken broth, need ¼ cup
4		1 (5-oz) pkg pistachios, need ½ cup
4		1 (12-oz) pkg chia seeds, need ⅓ cup
		Bakery & Deli
5		1 (12-oz) pkg diced ham

Necessary Staples
Breakfast 1
1 Tbsp Dijon mustard ½ tsp garlic salt 1½ tsp balsamic vinegar 1 Tbsp honey 1 Tbsp olive oil
Breakfast 2
3 Tbsp honey ½ cup almond butter 1 tsp vanilla extract
Breakfast 3
3 Tbsp olive oil 2½ Tbsp hot sauce ¼ tsp garlic salt ¼ cup almond flour 1 tsp dried thyme
Breakfast 4
1 tsp vanilla extract 3 Tbsp maple syrup ½ tsp ground cinnamon
Breakfast 5
5 Tbsp olive oil