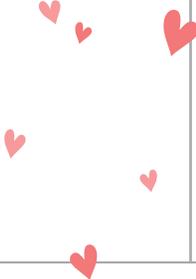


December Breakfast Ideas

S	M	T	W	T	F	S
30 	1 Breakfast wrap with scrambled eggs and avocado	2 Berry oatmeal	3 Vanilla banana chia pudding	4 Yogurt bowl with honey, walnuts and pomegranate	5 Banana kiwi spinach smoothie	6 Pancakes with maple-mascarpone cream
7 Easy baked frittata	8 Overnight mango coconut chia pudding	9 Caprese toast	10 Breakfast panini	11 Apple with Cheddar cheese	12 Bagels with smoked salmon and scrambled eggs	13 Avocado toast
14 Poached eggs with garlic yogurt and chili butter	15 Granola bar	16 Yogurt parfait	17 Mango banana smoothie	18 Overnight tropical chia pudding	19 Breakfast sandwich	20 Fruit platter
21 Baked eggs in tomato sauce	22 Overnight mixed berry chia pudding	23 Toasted bagels with cream cheese	24 Pancakes with maple syrup	25 Yogurt parfait	26 Spinach frittata with sun-dried tomatoes	27 Fried eggs on toast with avocado crema
28 Kefir pancakes with jam	29 Cereal and milk	30 Breakfast tacos	31 French toast	1 	2 	3 