

Breakfast Ideas *for* January

| S | M | T | W | T | F | S |
|---|--|---|--------------------------------|---|---|---|
| 28  | 29 | 30 | 31 | 1 French Toast | 2 Breakfast Wrap with Scrambled Eggs & Avocado | 3 Baked Eggs in Tomato Sauce with Zucchini and Peppers |
| 4 Frittata with Artichokes, Roasted Peppers, & Mozzarella | 5 Yogurt Parfait with Mango & Pineapple | 6 Toasted Bagel and Cream Cheese | 7 Cereal and Milk | 8 Kiwi Spinach Banana Smoothie | 9 Breakfast Tacos | 10 Pancakes with Maple Syrup |
| 11 Broccoli and Cheese Frittata | 12 Yogurt Parfait with Fresh Berries | 13 Smoked Salmon Breakfast Sandwich | 14 Muesli and Greek Yogurt | 15 Breakfast Sandwich with Eggs & Cheese | 16 Overnight Oats | 17 Avocado Toast with Smoked Salmon |
| 18 Quiche | 19 Mango Coconut Oatmeal | 20 Granola with Greek Yogurt and Berries | 21 Breakfast Quesadilla | 22 Sausage & Egg Breakfast Sandwich | 23 Almond Croissant | 24 Omelet with Mushrooms & Cheese |
| 25 Breakfast Potatoes with Eggs & Sausage | 26 Tropical Chia Pudding | 27 Boiled Eggs with Toast | 28 Pineapple Melon Smoothie | 29 Granola Bars | 30 Cottage Cheese Bowl with Honey & Nuts | 31 Frittata with Sun-Dried Tomatoes & Cheese |