

One Week of Breakfast Ideas

SUN



Mushroom & Cheese Omelet

- Eggs
- Milk
- Butter
- Cheese
- Mushrooms
- Spinach
- Salt
- Pepper
- Chives

MON



Tropical Yogurt Parfait

- Greek Yogurt
- Honey
- Fresh Mango
- Fresh Pineapple
- Granola

TUE



Scrambled Eggs, Pesto & Mozzarella Sandwich

- English Muffins
- Pesto
- Eggs
- Butter
- Salt
- Mozzarella
- Tomato

WED



Bagel with Cream Cheese & Your Favorite Toppings

- Bagels
- Cream Cheese
- 60+ Topping Ideas
- Sweet & Savory Ideas

THU



Green Smoothie

- Frozen Bananas
- Kiwis
- Spinach
- Orange Juice

FRI



Avocado Toast with Butter-Basted Fried Egg

- Avocado
- Plain Yogurt
- Lemon
- Bread
- Olive Oil
- Butter
- Chili Flakes
- Eggs
- Salt
- Pepper

SAT



Waffles & Toppings

- Buttermilk
- Eggs
- Vanilla
- Butter
- Flour
- Sugar
- Salt
- Baking Powder
- Baking Soda
- Strawberries
- Maple Syrup