

Breakfast Ideas for the Week

SUN



Blueberry Pancakes

- Flour
- Baking Soda
- Milk
- Pecan-Maple-Mascarpone Cream (Recipe Included)
- Baking Powder
- Sugar
- Lemon
- Eggs
- Butter
- Blueberries
- Salt
- Vanilla

MON



Fig & Honey Yogurt Parfait

- Greek Yogurt
- Figs
- Granola
- Honey
- Orange

TUE



Egg Muffins

- Eggs
- Pancetta (or Bacon)
- Feta
- Salt
- Heavy Cream
- Tomatoes
- Basil

WED



Bacon, Egg & Cheese Sandwich

- Panini Bread
- Butter
- Bell Pepper
- Salt
- Eggs
- Smoked Bacon
- Smoked Cheddar
- Pepper

THU



Mango Banana Smoothie

- Mangoes
- Frozen Bananas
- Coconut Milk

FRI



Breakfast Burrito

- Large Tortillas
- Cheese
- Potatoes
- Salt
- Eggs
- Chorizo
- Oil
- Pepper
- Paprika
- Butter

SAT



Spinach & Feta Omelet

- Eggs
- Butter
- Tomatoes
- Red Pepper Flakes
- Heavy Cream
- Spinach
- Salt
- Pepper
- Feta