

A Week of Breakfast Ideas

SUN



Smoked Salmon Omelet

- Eggs
- Cream Cheese
- Smoked Salmon
- Capers
- Cream
- Dill
- Chives
- Butter
- Lemon
- Salt

MON



Strawberry Banana Yogurt Parfait

- Greek Yogurt
- Honey
- Strawberries
- Banana
- Granola
- Orange

TUE



Spinach, Feta, & Egg Wrap

- Tortilla Wrap
- Spinach
- Eggs
- Feta
- Olives
- Tomatoes
- Butter
- Oil
- Salt
- Pepper

WED



Banana Muffin

- All-Purpose Flour
- Baking Powder
- Baking Soda
- Salt
- Ground Cinnamon
- Ground Nutmeg
- Bananas
- Unsalted Butter
- Brown Sugar
- Egg
- Vanilla Extract
- Milk

THU



Breakfast Tacos

- Mini Tortillas
- Eggs
- Butter
- Cheese
- Avocado
- Bacon
- Lime
- Salt
- Cilantro
- Salsa

FRI



Mango Banana Smoothie

- Mangoes
- Bananas
- Coconut Milk

SAT



French Toast

- Brioche Loaf
- Milk
- Eggs
- Vanilla Maple Syrup
- Butter
- Lemon
- Cinnamon
- Berries
- Mascarpone
- Heavy Cream
- Pecans