



SAMPLE PLAN

HEALTHY BREAKFAST PLAN

MEAL #: Side dishes are in <i>ITALICS</i>	INGREDIENTS: Side dish ingredients are in <i>ITALICS</i>	INSTRUCTIONS: Side dish instructions are in <i>ITALICS</i>
Breakfast 1 Classic Favorite Bacon and Cheese Biscuits <i>Strawberry & Orange Fruit Salad</i>	2¼ c all-purpose baking mix, Bisquick® ⅔ c milk 8 slices center cut bacon, from 12 oz package 4 oz sharp cheddar cheese, sliced <hr/> 2 oranges, peeled and segmented 8 oz strawberries, halved, ½ of 16 oz package (2 t honey)	Preheat oven to 450°F. In a bowl, stir together biscuit mix & milk. Drop by spoonfuls onto an ungreased baking sheet, & bake 8 - 10 min, or until golden. Cook bacon over medium heat until crisp; drain. When biscuits are done, remove from oven, split and top with cheese. Return to oven; cook just until cheese melts. Remove from oven, top with bacon. <i>Combine oranges and strawberries in a bowl. Drizzle with honey and toss to combine.</i> Note: Cook biscuits and make fruit salad the night before if desired.
Breakfast 2 Healthy Start: Clean Eating Pumpkin Spice Oatmeal	2 c old-fashioned rolled oats (4 c water) 1 c canned pumpkin (2 T honey) (1 t cinnamon) (1 t pumpkin pie spice) ½ c pecan halves, toasted	Combine water and oats in a medium saucepan. Bring to a boil over medium heat; cook 5 minutes, stirring occasionally, until oats are tender. Remove from heat; stir in pumpkin, honey, cinnamon, and pumpkin pie spice. Top with toasted pecans, if desired.
Breakfast 3 Simple To Go Whole Wheat Banana Nut Muffins	(1¼ c all-purpose flour) (½ c whole wheat flour) (1½ t baking soda) (¼ t salt) (½ c sugar) (¼ c canola oil) (1 egg) 1 c mashed banana (1 t vanilla extract) 1 c chopped toasted walnuts, optional (Peanut butter for serving, optional)	Preheat oven to 350°F. Whisk together both flours, baking soda & salt in small bowl. Combine sugar & oil in med bowl; beat at med speed with electric mixer until smooth. Add egg & beat until light in color. Add flour mixture alternately with banana; blend well after each addition. Stir in vanilla & nuts, if using. Scoop evenly into sprayed muffin cups. Bake 18-20 min, or until toothpick comes out clean. Cool. If desired, spread peanut butter on muffins. Note: Muffins may be baked ahead & frozen. Wrap cooled muffins in plastic wrap & freeze in zip-top plastic bags.
Breakfast 4 Quick Smoothie Peach Melba Smoothie	<div style="background-color: #92d050; color: white; padding: 20px; text-align: center;"> <h2 style="margin: 0;">Click Here to order this meal plan</h2> <div style="background-color: #e91e63; color: white; padding: 10px; display: inline-block; border-radius: 15px; margin-top: 10px;"> Start Now </div> </div>	
Breakfast 5 Casual Brunch Cheesy Ham & Hash Brown Casserole <i>Mixed Fruit Salad with Vanilla Yogurt</i>		

(Staples are in parenthesis)

Copyright 2013, eMeals, Inc.

BREAKFAST #	X	GROCERY ITEMS NEEDED FOR EACH BREAKFAST	OTHER ITEMS I NEED	X
		PRODUCE		
1,5		3 Navel oranges		
1,5		16 oz package strawberries		
3,5		6 medium bananas		
5		2 small onion		
5		1 lb green seedless grapes		
		MEAT & SEAFOOD		
1		12 oz package center cut bacon		
5		8 oz fully cooked ham steak		
		FROZEN		
4		10 oz bag sliced peaches, Cascadian Farm®		
4		10 oz bag red raspberries, Cascadian Farm®		
		DAIRY		
1,4		1 quart low fat or skim milk		
1,5		8 oz block sharp cheddar cheese		
4,5		32 oz container low fat or nonfat Greek vanilla yogurt		
5		20 oz bag shredded hash brown potatoes, Simply Potatoes®		
		CANNED & PACKAGED		
1		20 oz box all-purpose baking mix, Bisquick®		
2		18 oz package old fashioned oats		
2		15 oz can pumpkin puree		
2		6 oz bag pecan halves		
3		8 oz bag chopped walnuts, optional		
5		12 oz can evaporated milk		
		ADDITIONAL COMMON BREAKFAST ITEMS TO HAVE ON HAND		
		Coffee		
		Creamer		
		Low fat or fat free milk		
		Low fat or fat free yogurt		
		100% Fruit Juice		
		Fresh fruit		
		Whole grain bread, bagels, or English muffins		
		Favorite whole grain cereal		
		Granola bars		

Copyright 2013, eMeals, Inc.

Staples Needed For Each Breakfast #:

Breakfast 1

2 t honey

Breakfast 2

2 T honey
Cinnamon
Pumpkin pie spice

Breakfast 3

1¼ c all-purpose flour
½ c whole wheat flour
Baking soda
½ c sugar
Canola oil
1 egg
Vanilla extract
Peanut butter, **optional**

Breakfast 4

2 T honey
Vanilla extract
½ c granola, **optional**

Breakfast 5

1 egg

Product Spotlight:

We like Cascadian Farms® Ancient Grains Granola because it is lower in saturated fat than most other varieties. A 1-cup serving has just 1 gram.



Nutrition Tip:

When choosing a cereal, look for this whole grain stamp. Not all foods that are whole grain have the stamp, so if you're not sure about your favorite cereal, check the ingredient list. If the first ingredient listed has the word "whole," like "whole wheat flour," or "whole oats," then it's a good choice.

