






Breakfasts:	Ingredients:	Instructions:																										
<p>Breakfast 1 <span style="float: right;">Chill Time</span></p> <p><b>Maple and Banana Overnight Oats</b></p> <p> <table border="1" style="display: inline-table; vertical-align: middle;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>8h 15m</td> <td>5m</td> <td>8h 20m</td> </tr> </tbody> </table></p> <p><b>Nutritional Information</b></p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>4</td> </tr> <tr> <td>Calories</td> <td>300</td> </tr> <tr> <td>Fat (g)</td> <td>12</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>2</td> </tr> <tr> <td>Protein (g)</td> <td>9</td> </tr> <tr> <td>Carb (g)</td> <td>50</td> </tr> <tr> <td>Fiber (g)</td> <td>4</td> </tr> <tr> <td>Sodium (mg)</td> <td>57</td> </tr> <tr> <td>Points (SP)</td> <td>10</td> </tr> </tbody> </table>	Prep	Cook	Total	8h 15m	5m	8h 20m		Main	Servings	4	Calories	300	Fat (g)	12	Sat. Fat (g)	2	Protein (g)	9	Carb (g)	50	Fiber (g)	4	Sodium (mg)	57	Points (SP)	10	<p>1 cup uncooked old-fashioned rolled oats            2 cups 1% low-fat milk            ¼ cup pure maple syrup            1 banana, sliced            ½ cup chopped walnuts</p>	<p>Combine ¼ cup oats, ½ cup milk, and 1 Tbsp maple syrup in each of 4 jars or airtight containers; cover and shake to combine. Add banana to each jar; stir gently. Cover and refrigerate 8 hours or overnight. Meanwhile, toast walnuts in a dry skillet over medium-high heat 3 to 4 minutes or until golden and fragrant. Top oats with walnuts before serving.</p>
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<p>Breakfast 2 <span style="float: right;">Super Fast</span></p> <p><b>Cinnamon-Honey Pear Waffle Sammies</b></p> <p> <table border="1" style="display: inline-table; vertical-align: middle;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>5m</td> <td>5m</td> <td>10m</td> </tr> </tbody> </table></p> <p><b>Nutritional Information</b></p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr> <td>Servings</td> <td>4</td> </tr> <tr> <td>Calories</td> <td>279</td> </tr> <tr> <td>Fat (g)</td> <td>12</td> </tr> <tr> <td>Sat. Fat (g)</td> <td>4</td> </tr> <tr> <td>Protein (g)</td> <td>8</td> </tr> <tr> <td>Carb (g)</td> <td>42</td> </tr> <tr> <td>Fiber (g)</td> <td>8</td> </tr> <tr> <td>Sodium (mg)</td> <td>406</td> </tr> <tr> <td>Points (SP)</td> <td>10</td> </tr> </tbody> </table>	Prep	Cook	Total	5m	5m	10m		Main	Servings	4	Calories	279	Fat (g)	12	Sat. Fat (g)	4	Protein (g)	8	Carb (g)	42	Fiber (g)	8	Sodium (mg)	406	Points (SP)	10	<p>8 frozen whole-grain waffles            ½ (8-oz) block ⅓-less-fat cream cheese, softened            1 pear, sliced            2 Tbsp honey            ¼ tsp ground cinnamon</p>	<p>Toast waffles according to package directions. Spread 1 Tbsp cream cheese over each waffle. Top each of 4 waffles with pears. Stir together honey and cinnamon in a small bowl. Drizzle honey mixture over peaches. Cover with remaining waffles, cream cheese sides down.</p>
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<p>Breakfast 3                      Simple To Go</p> <p><b>Spiced Apple Smoothies</b></p> <p>      Prep      Cook      Total 10m      0m      10m</p> <p><b>Nutritional Information</b></p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>4</td></tr> <tr><td>Calories</td><td>218</td></tr> <tr><td>Fat (g)</td><td>3</td></tr> <tr><td>Sat. Fat (g)</td><td>1</td></tr> <tr><td>Protein (g)</td><td>9</td></tr> <tr><td>Carb (g)</td><td>42</td></tr> <tr><td>Fiber (g)</td><td>5</td></tr> <tr><td>Sodium (mg)</td><td>51</td></tr> <tr><td>Points (SP)</td><td>6</td></tr> </tbody> </table>		Main	Servings	4	Calories	218	Fat (g)	3	Sat. Fat (g)	1	Protein (g)	9	Carb (g)	42	Fiber (g)	5	Sodium (mg)	51	Points (SP)	6	<p>3 Granny Smith apples, peeled and chopped 1 cup fat-free plain Greek yogurt 1 cup 1% low-fat milk ¼ cup honey 1 Tbsp fresh lemon juice ½ tsp cinnamon ¼ tsp nutmeg ¼ tsp ground ginger 1 tsp pure vanilla extract 2 cups ice cubes 2 Tbsp ground flaxseeds</p>	<p>Process all ingredients except flax seeds in a blender, scraping down sides as needed. Stir in flax seeds and enough water to reach desired consistency. Pour into glasses.</p>																				
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<p>Breakfast 4                      Super Fast</p> <p><b>Smoked Salmon and Asparagus Frittata</b></p> <p><i>Fresh Strawberries</i></p> <p>      Prep      Cook      Total 10m      15m      25m</p> <p><b>Nutritional Information</b></p> <table border="1"> <thead> <tr> <th></th> <th>Main</th> <th>Side</th> <th>Total</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>4</td><td>4</td><td></td></tr> <tr><td>Calories</td><td>215</td><td>36</td><td>251</td></tr> <tr><td>Fat (g)</td><td>13</td><td>0</td><td>13</td></tr> <tr><td>Sat. Fat (g)</td><td>3</td><td>0</td><td>3</td></tr> <tr><td>Protein (g)</td><td>19</td><td>1</td><td>20</td></tr> <tr><td>Carb (g)</td><td>7</td><td>9</td><td>16</td></tr> <tr><td>Fiber (g)</td><td>2</td><td>2</td><td>4</td></tr> <tr><td>Sodium (mg)</td><td>580</td><td>1</td><td>581</td></tr> <tr><td>Points (SP)</td><td>1</td><td>0</td><td>1</td></tr> </tbody> </table>		Main	Side	Total	Servings	4	4		Calories	215	36	251	Fat (g)	13	0	13	Sat. Fat (g)	3	0	3	Protein (g)	19	1	20	Carb (g)	7	9	16	Fiber (g)	2	2	4	Sodium (mg)	580	1	581	Points (SP)	1	0	1	<p>6 large eggs 2 large egg whites ¼ tsp salt ¼ tsp pepper 1 lb asparagus, cut into 2-inch pieces 2 cloves garlic, minced 1 Tbsp olive oil 1 (4-oz) pkg smoked salmon, chopped 1 Tbsp chopped green onion</p> <hr/> <p>1 (16-oz) container strawberries</p>	<p>Preheat broiler. Whisk together eggs, egg whites, salt and pepper in a bowl. Sauté asparagus and garlic in hot oil in a large, broiler-safe skillet over medium heat 4 minutes. Add eggs, and stir quickly. Cook, without stirring, until eggs begin to set. Sprinkle with salmon. Transfer to oven. Broil 3 to 4 minutes or until top is golden and eggs are firm. Sprinkle with green onion. Cut into 4 wedges.</p> <hr/> <p><i>Serve berries alongside frittata.</i></p>
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<p>Breakfast 5 <span style="float: right;">Super Fast</span></p> <p><b>Cherry-Almond Banana Toasts</b></p> <div style="display: flex; align-items: center; margin-top: 10px;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="padding: 2px 5px;">Prep</th> <th style="padding: 2px 5px;">Cook</th> <th style="padding: 2px 5px;">Total</th> </tr> </thead> <tbody> <tr> <td style="padding: 2px 5px;">10m</td> <td style="padding: 2px 5px;">5m</td> <td style="padding: 2px 5px;">15m</td> </tr> </tbody> </table> </div> <p style="margin-top: 10px;"><b>Nutritional Information</b></p> <table border="1" style="border-collapse: collapse; width: 100%; text-align: center;"> <thead> <tr> <th style="width: 70%;"></th> <th style="width: 30%;">Main</th> </tr> </thead> <tbody> <tr><td>Servings</td><td>4</td></tr> <tr><td>Calories</td><td>279</td></tr> <tr><td>Fat (g)</td><td>11</td></tr> <tr><td>Sat. Fat (g)</td><td>1</td></tr> <tr><td>Protein (g)</td><td>10</td></tr> <tr><td>Carb (g)</td><td>43</td></tr> <tr><td>Fiber (g)</td><td>8</td></tr> <tr><td>Sodium (mg)</td><td>126</td></tr> <tr><td>Points (SP)</td><td>10</td></tr> </tbody> </table>	Prep	Cook	Total	10m	5m	15m		Main	Servings	4	Calories	279	Fat (g)	11	Sat. Fat (g)	1	Protein (g)	10	Carb (g)	43	Fiber (g)	8	Sodium (mg)	126	Points (SP)	10	<p>1/3 cup almond butter            4 (1-oz) slices 100% whole wheat sandwich bread, toasted            2 bananas, sliced            1/4 cup dried cherries            2 Tbsp honey</p>	<p>Spread almond butter on one side of each bread slice. Top with bananas, cherries and honey.</p>
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Breakfast	✓	Grocery Items to Purchase
		<b>Produce</b>
1,5		3 bananas
2		1 pear
3		3 Granny Smith apples
3		½ lemon
4		1 green onion
4		1 (16-oz) container strawberries
4		1 lb asparagus
		<b>Meat &amp; Seafood</b>
4		1 (4-oz) pkg smoked salmon
		<b>Refrigerated</b>
1,3		1 quart 1% low-fat milk
2		½ (8-oz) block ¼-less-fat cream cheese
3		½ (17.6-oz) carton fat-free plain Greek yogurt
4		8 large eggs
		<b>Frozen</b>
2		1½ (8-oz) containers frozen whole-grain waffles
		<b>Canned &amp; Packaged</b>
1		1 (4-oz) pkg walnuts
1		½ (18-oz) pkg old-fashioned rolled oats
3		½ (14-oz) pkg ground flaxseeds
5		½ (20-oz) loaf 100% whole wheat sandwich bread
5		½ (12-oz) jar almond butter
5		½ (5-oz) pkg dried cherries

Necessary Staples
<b>Breakfast 1</b>
pure maple syrup
<b>Breakfast 2</b>
ground cinnamon honey
<b>Breakfast 3</b>
honey pure vanilla extract nutmeg ground ginger
<b>Breakfast 4</b>
olive oil fresh garlic
<b>Breakfast 5</b>
honey