

Breakfasts:	Ingredients:	Instructions:						
<p>Breakfast 1 Oven Baked</p> <p>Baked Eggs and Avocado</p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">25m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	15m	25m	<p>4 ripe avocados 8 small eggs 1 teaspoon each salt, pepper and paprika</p>	<p>Preheat oven to 425°F. Cut avocados in half lengthwise, and remove each pit. Using a spoon, scoop out a little of the avocado to create a deeper well for the egg. (Do not remove the skin from the avocado). Balance each avocado half in a muffin pan cup to make it level. Crack an egg into each avocado half. Sprinkle with salt, pepper and paprika. Bake 15 minutes for soft-set eggs or 20 minutes for hard-cooked eggs. Eat with a spoon.</p>
Prep	Cook	Total						
10m	15m	25m						
<p>Breakfast 2</p> <p>Warm Mango-Yogurt Parfaits</p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">10m</td> <td style="text-align: center;">20m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	10m	20m	<p>½ cup sliced almonds 1 tablespoon pastured butter (or use other desired fat) 2 ripe mangoes, peeled and finely chopped 3 tablespoons raw, dark organic honey 1 (32-oz) container coconut non-dairy yogurt</p>	<p>Preheat oven to 350°F. Spread almonds in a single layer on a baking sheet. Bake 6 minutes or until fragrant; cool completely. Melt butter in a saucepan over medium heat. Add mangoes and honey, stirring gently. Cook 3 to 5 minutes or until mangoes are heated. Remove from heat; cool slightly. Divide half of mango mixture evenly among 4 bowls; top each with ½ cup yogurt and 1 tablespoon almonds. Repeat layers with remaining ingredients.</p>
Prep	Cook	Total						
10m	10m	20m						
<p>Breakfast 3 Skillet Meal</p> <p>Steak and Eggs</p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">5m</td> <td style="text-align: center;">15m</td> <td style="text-align: center;">20m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	5m	15m	20m	<p>2 tablespoons olive oil ½ lb London broil, cut into 4 equal pieces ¼ teaspoon salt, ¼ teaspoon pepper 4 large eggs 1 tomato, sliced</p>	<p>Heat oil in a large nonstick skillet over medium-high heat. Sprinkle steak with salt and pepper. Cook steak 3 minutes. Turn and cook 2 to 3 minutes or to desired doneness; set aside, and keep warm. Gently break eggs into hot skillet, 2 inches apart. Cook 2 minutes per side or to desired doneness. Serve steak over tomato slices, and top each serving with an egg. Season as desired.</p>
Prep	Cook	Total						
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<p>Breakfast 4 Quick Smoothie</p> <p>Sweet Potato Smoothie</p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">10m</td> <td style="text-align: center;">10m</td> <td style="text-align: center;">20m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	10m	10m	20m	<div style="background-color: #90EE90; padding: 20px; border-radius: 10px; width: 80%; margin: auto;"> <p style="font-size: 2em; margin: 0;">Click Here to order this meal plan</p> <div style="background-color: #FF4500; color: white; padding: 10px; border-radius: 15px; display: inline-block; margin-top: 10px;"> <p style="font-size: 1.2em; margin: 0;">Start Now</p> </div> </div>	
Prep	Cook	Total						
10m	10m	20m						
<p>Breakfast 5 Oven Baked</p> <p>Italian Baked Eggs</p> <div style="display: flex; align-items: center;"> <table border="1" style="border-collapse: collapse;"> <thead> <tr> <th>Prep</th> <th>Cook</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">15m</td> <td style="text-align: center;">20m</td> <td style="text-align: center;">35m</td> </tr> </tbody> </table> </div>	Prep	Cook	Total	15m	20m	35m		
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Breakfast	✓	Grocery Items to Purchase
		Produce
1		4 ripe avocados
2		2 ripe mangoes
3		1 tomato
4		2 (8-oz) sweet potatoes
5		1 small green bell pepper
5		1 (5-oz) package fresh baby spinach
		Meat & Seafood
3		½ lb London broil
		Refrigerated
1		1 dozen small eggs, for 8
2		1 (32-oz) container coconut non-dairy yogurt
3,5		1 dozen large eggs, for 8
		Canned & Packaged
2		1 (2-oz) bag sliced almonds
4		1 (32-oz) carton or 2 (13.6-oz) cans coconut milk
5		1 (14.5-oz) can Italian-style diced tomatoes

Necessary Staples
Breakfast 1
1 teaspoon paprika
Breakfast 2
1 tablespoon pastured butter (or use other desired fat)
3 tablespoons raw, dark organic honey
Breakfast 3
2 tablespoons olive oil
Breakfast 4
1 teaspoon vanilla extract
2 teaspoons ground cinnamon
1 teaspoon pumpkin pie spice
Breakfast 5
1 tablespoon olive oil
1 small clove garlic