





Breakfasts:		Ingredients:		Instructions:	
Breakfast 1Oven Baked		1 Tbsp olive oil 1 (12-oz) pkg Italian turkey sausage, casings removed 1 small zucchini, sliced 8 large eggs 1 Tbsp Dijon mustard ½ tsp garlic salt ½ tsp pepper		Preheat oven to 375°F. Heat oil in large skillet over medium heat. Add sausage and zucchini; cook 5 to 6 minutes or until sausage is not longer pink, stirring to crumble sausage. Remove from heat, and cool 5 minutes. Spread sausage mixture in bottom of a greased 9-inch pie plate. Whisk together eggs, mustard, garlic salt, and pepper. Pour over sausage mixture in pie plate. Place pie plate on a rimmed baking sheet. Bake 25 minutes or until center is set. Let stand 5 minutes before cutting into wedges.	
<div>Sausage-Zucchini Crustless Quiche</div> <div>Balsamic Strawberries</div> <div><div></div><div><div>Prep</div><div>Cook</div><div>Total</div></div><div><div>10m</div><div>30m</div><div>40m</div></div></div>		<div>2 cups sliced fresh strawberries</div> <div>1 Tbsp honey</div> <div>1½ tsp balsamic vinegar</div>		<div>Stir together strawberries, honey and vinegar in a medium bowl.</div>	
Breakfast 2Oven Baked		2 large ripe tomatoes 5 slices center-cut bacon 4 cups fresh baby spinach ¼ tsp salt, ¼ tsp pepper 4 large eggs		Preheat oven to 400°F. Cut tomatoes in half horizontally. Remove core and seeds from tomatoes. Place tomato halves in an 8- or 9-inch baking dish. Cook bacon in a large nonstick skillet over medium heat 4 to 6 minutes or until crisp. Drain on paper towels. Crumble bacon. Reserve 1 Tbsp drippings in skillet. Add spinach, and cook 2 minutes or just until spinach wilts. Remove from heat, and stir in bacon, salt, and pepper. Spoon spinach mixture into tomato halves. Crack 1 egg into each tomato half. Bake 12 to 15 minutes or until eggs are to desired doneness.	
<div>Baked Eggs in Tomato Cups</div> <div><div></div><div><div>Prep</div><div>Cook</div><div>Total</div></div><div><div>15m</div><div>15m</div><div>30m</div></div></div>					
Breakfast 3Super Fast		<div><div>Click Here to order this meal plan</div><div>Start Now</div></div>			
<div>Cajun-Style Pork Chops</div> <div>Cauliflower Grits</div> <div><div></div><div><div>Prep</div><div>Cook</div><div>Total</div></div><div><div>10m</div><div>15m</div><div>25m</div></div></div>					
Breakfast 4Make Ahead					
<div>Orange and Pistachio Chia Pudding</div> <div><div></div><div><div>Prep</div><div>Cook</div><div>Total</div></div><div><div>10m</div><div>5m</div><div>15m</div></div></div>					

Breakfasts:		Ingredients:	Instructions:
Breakfast 5	Skillet Meal	<p>5 Tbsp olive oil, divided 2 (8-oz) pkg fresh sliced mushrooms 1 (12-oz) pkg sliced ham, chopped 12 large eggs</p> <hr/> <p>4 clementines</p>	<p>Heat 1 Tbsp oil in a large skillet over medium-high heat. Add mushrooms and cook 8 minutes or until browned. Add ham to skillet; cook 3 minutes or until lightly browned. Heat 1 Tbsp oil in a 6-inch omelet pan or small nonstick skillet over medium heat. Crack 3 eggs into a small bowl; add desired amount of salt and pepper, and stir with a whisk. Add beaten eggs to pan. Cook 2 minutes or until edges are just set. Add one-fourth of mushrooms and ham to one side of omelet. Carefully fold other side over mushroom mixture. Cook 1 minute or until center is set. Remove from pan. Repeat 3 times with remaining oil, eggs, and mushroom mixture (making 4 omelets).</p> <hr/> <p><i>Peel and section clementines. Cover and refrigerate until ready to serve.</i></p>

Mushroom and Ham Omelets

Chilled Clementines



Prep	Cook	Total
10m	20m	30m

Breakfast	✓	Grocery Items to Purchase
		Produce
1		1 large container strawberries, need 2 cups sliced
1		1 small zucchini
2		1 (5-oz) pkg baby spinach
2		2 large ripe tomatoes
3		1 lemon
3		1 (12-oz) bag cauliflower florets
4		1 orange
5		2 (8-oz) pkg fresh sliced mushrooms
5		4 clementines
		Meat & Seafood
1		1 (12-oz) pkg Italian turkey sausage
2		1 pkg center-cut bacon, need 5 slices
3		4 (4-oz) boneless pork chops
		Refrigerated
1,2,5		2 dozen large eggs
		Canned & Packaged
3		1 (14.5-oz) can chicken broth, need ¼ cup
4		1 (12-oz) pkg chia seeds, need ⅓ cup
4		1 (13.5-oz) can unsweetened coconut milk
4		1 (5-oz) pkg pistachios, need ½ cup
		Bakery & Deli
5		1 (12-oz) pkg sliced deli ham

Necessary Staples
Breakfast 1
1 Tbsp Dijon mustard ½ tsp garlic salt 1½ tsp balsamic vinegar 1 Tbsp honey 1 Tbsp olive oil
Breakfast 2
No staples for this meal
Breakfast 3
3 Tbsp olive oil 2½ Tbsp hot sauce ¼ tsp garlic salt ¼ cup almond flour 1 tsp dried thyme
Breakfast 4
1 tsp vanilla extract 1 Tbsp maple syrup ½ tsp ground cinnamon
Breakfast 5
5 Tbsp olive oil