

the breakfast

Meal Planner

raising
generation nourished

saturday

In-Season Fruit Power Packed Baked Oatmeal

Eggs and/or sausage

{Leftover baked oatmeal goes into freezer for this week}

sunday

Protein waffles w/ toppings of choice

Eggs and/or sausage

{Leftover waffles into freezer for later this week}

monday

Power bowls (either cold w/ yogurt or milk & granola, OR hot as oatmeal {chia, PB, fruit, acai, flax, collagen, protein powder, cacao nibs are some add-in options}

Eggs or sausage

tuesday

Leftover waffles f/ Sunday as egg sandwiches

Sausage

In-season fruit

wednesday

Leftover Baked Oatmeal from Saturday

Eggs and/or sausage

thursday

Power bowls (either cold w/ yogurt or milk & granola, OR hot as oatmeal {chia, PB, fruit, acai, flax, collagen, protein powder, cacao nibs are some add-in options}

Eggs or sausage

friday

Breakfast cookies

Hard boiled eggs and/or sausage

{Both cookies & eggs can be prepped night before or on a weekend prep day very quickly}

