

Healthy
nutritious
meals to start
your day!

Weekly BREAKFAST Meal Plan



Sunday, May 11	Cheat Day Happy Mother's Day
Monday, May 12	Scrambled egg whites (5) with green peppers (1/2 cup) and spinach (handful) with a slice of Ezekiel 4:9 low sodium bread with 1 tablespoon organic blueberry jam .
Tuesday, May 13	Plain Greek yogurt parfait. Layer in a cup Greek yogurt (I recommend Stonyfield), banana and strawberries top with sliced almonds. To layer your parfait use 1 cup plain Greek yogurt, 1 small banana - sliced, 1 cup sliced strawberries and 1 tablespoon sliced almonds. Use sweetener of your choice (preferable raw honey) if you need to sweeten.
Wednesday, May 14	Blackberry protein smoothie. In a blender, place 1 cup milk of choice (I use coconut), 1 cup blackberries, 1/2 banana, 1 scoop vanilla protein powder, 1 tablespoon raw honey and 2 cups ice. Blend until smooth.
Thursday, May 15	Healthier breakfast sandwich with a side of strawberries (1 cup).
Friday, May 16	Clean eating French Toast
Saturday, May 17	Banana pecan Zeggs