



# Make Ahead Breakfasts: Grocery List



Paleo & Gluten Free  
Meal Plans

1. Lemon Poppy Seed Muffins
  2. Moroccan Breakfast Hash
  3. Egg-free Spinach, Sun-dried Tomato, and Gruyere Mini-Quiches
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## Veggies

1 bulb garlic (3)  
1 yellow onion (2,3)  
2 sweet potatoes (2)  
1 bunch Swiss chard (2)



## Meats

1# ground lamb (2)



## Dairy (optional)

$\frac{3}{4}$ c Gruyere, shredded (3)



## Pantry

$\frac{3}{4}$ c coconut flour (1)  
 $\frac{1}{2}$ tsp baking soda (1)  
 $\frac{1}{2}$ c honey (1)  
 $\frac{1}{2}$ c sun-dried tomatoes (3)  
2c garbanzo bean flour (3)\*  
muffin liners (1)  
mini muffin liners (3)



## Fruits

1 lemon (1)



## Eggs

5 large eggs (1)



## Oils

$\frac{1}{2}$ c coconut oil (1)  
 $\sim\frac{1}{4}$ c olive oil (3)



## Spices

1T poppy seeds (1)  
2T cumin (2)  
2T ginger (2)  
2T coriander (2)  
 $\sim$ 3T cinnamon (2)  
2T paprika (2)  
 $\sim$ 3T turmeric (2,3)  
1T chili powder (2)\*  
 $\frac{1}{2}$ tsp nutmeg (2,3)



## Frozen

16oz frozen spinach (3)\*

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



# Make Ahead Breakfasts: Prep Day



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## Pre-heat oven to 350 F (1,3)



### Lemon Poppy Seed Muffins (1)

In a large bowl, whisk together:

5 eggs + 1/2c honey + 1/2c coconut oil (melted)

Stir in:

3/4c coconut flour + 1/2tsp salt + 1/2tsp baking soda

Fold in:

1T poppy seeds + zest of 1 lemon.

Lightly oil a muffin tin or use muffin liners. Fill muffin cups until 4/5 full. Bake at 350° for 20-25 minutes. Cool completely. [\*] (1)



**Spinach:** Thaw 16oz frozen spinach in colander & squeeze out any excess liquid. (3)

**Onions:** Chop 1 yellow onion. Set aside 1/2 for Hash 1/2 for Quiche. (2,3)

**Swiss chard:** Remove leaves from stalks. Finely dice stalks & roughly cut leaves. (2)

**Sweet potatoes:** Cut 2 sweet potatoes into small bite sized cubes. (2)

**Hash:** In a storage container, combine chopped veggies (1/2 yellow onion, 2 sweet potatoes, 1 Swiss chard). [\*] (2)

**Garlic:** Finely chop 2-3 cloves. (3)

**Sun-dried Tomatoes:** Finely chop 1/2c sundried tomatoes. (3)



### Quiche (3)

Heat 2tsp oil in a skillet. Add 2-3tsp chopped garlic & 1/2c chopped sundried tomatoes, saute 2-3. Add spinach, separating well.

In lg bowl, whisk 2c garbanzo bean flour + 3c water. Add 2tsp salt + 1/2tsp turmeric + 1/4tsp nutmeg. Whisk until smooth batter forms.

Add cooked spinach mixture + 3/4c grated gruyere (optional), combining well.

Oil a mini muffin tin or line with muffin liners. Fill with batter 4/5 of the way to the top.

Bake for 25 minutes at 350 F or until the quiches look browned and crispy. [\*] (3)

\*\*Note: Option: use standard muffin pan and increase baking time to 30-35 minutes.



### Moroccan Spice Blend (2)

Combine & store in airtight container:

2T cumin + 2T ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ~1/4tsp fresh ground nutmeg, optional [\*] (2)

**KEY** - [\*]: store in container, label & refrigerate for use later in week

**NOTE:** all 3 items above can be frozen as desired.



## Make Ahead Breakfasts: Dish Day



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### Lemon Poppy Seed Muffins (1)

1. Enjoy! Option to store extra in freezer and defrost as needed.

### Moroccan Breakfast Hash (2)

1. Heat a lg skillet & add 1# ground lamb + 1-2T of Moroccan seasoning mix. Cook 5-10 min, breaking meat into pieces.
2. Push meat to side (or remove from pan if needed for space) and add chopped veggies (may need to add 1-2T olive or avocado oil). Cook for ~15-20 min or until sweet potatoes are cooked through.
3. Stir veggies to combine with meat.
4. Season to taste with S&P and additional spice blend.

**NOTE:** If the hash ingredients are frozen, you will need to defrost before cooking by placing frozen veggies + ground lamb in fridge 24-48 hours before cooking, allowing all ingredients to thaw.

### Egg-Free Spinach, Sun-dried Tomato, and Gruyere Mini-Quiches (3)

1. Re-heat individual quiches in 350 F oven for 15-20 minutes or heated through. You can also re-heat in microwave, or enjoy cold.
2. Option to store extra in freezer and defrost as needed.