



Bonus 2: Breakfast Meal Prep: Grocery List

Serves 2

1. Raspberry Dream Smoothie (6 servings)
 2. Gingered Mango Smoothie (4 servings)
 3. Hearty Hash (6 servings)
 4. Broccoli Frittata (6 servings)
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Produce

4 large bananas (1)
~4" fresh ginger knob (2)
(OR sub ground ginger)
4 cloves garlic (3)
1 bunch parsley (3)
2 yellow onions (3)
1# red potatoes (3)
(OR sub with sweet potato or
butternut squash)
16oz sliced mushrooms (3)
2 bags chopped broccoli (4)



Meat

1# thick sliced bacon (3)*



Eggs

18 eggs (omega-3) (4)



Dairy (optional)

8oz cheddar cheese, optional
(4)



Oils

Olive or coconut oil for
sautéing



Pantry

2 cans lite coconut milk (2)
5 x 1/2-gallon freezer baggies
(Note: each baggy holds 2
servings)



Spices

2tsp ground ginger (2)
(if not using fresh)



Frozen Fruit**

32oz raspberries (1)
40oz mango chunks (2)

Frozen Veggies**

20oz chopped spinach (1)
20oz broccoli (2)

**Note: Quantities may vary,
anything within a few ounces
works!

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



Bonus 2: Breakfast Meal Prep: Prep Day

Pre-heat oven to 350 F.



Bananas: peel & cut 4 bananas into 1-2" pieces, set aside. (1)

Fresh Ginger: peel & grate ginger for ~4tsp total. (2)

Garlic & Onion: Chop 4 cloves garlic (~2T) and 1 yellow onions for Hearty Hash, set aside. (3)

Parsley: Pick leaves from stems & finely chop leaves to yield 2-3T. (3)

Red Potatoes: Chop 1# red potatoes into small (1/4") cubes. Set aside to boil. (3)

Bacon: Cut 1# bacon into 1/2" cubes. Store separately. [*] (3)



Red Potatoes: Bring lg pot of water to boil, add potatoes & blanch for 10 minutes. Drain and spread flat on a baking sheet to cool. (3)



Frittata (4)

In a large bowl, whisk together 18 eggs.

Stir in: 8oz cubed cheddar cheese + 2 bags chopped broccoli + 1tsp black pepper + 1/2tsp salt

Put into 2 well-oiled casserole dishes or pie pans and bake at 350F for 25-35 min or until no longer jiggly (varies depending on depth of dish). Allow frittatas to cool. Cut each pan into 3 portions for 6 total servings. Store 1 in fridge (wk 2 Tuesday) and 2 servings in freezer, wk 3 Sunday & Wednesday). [*](4)



Hearty Hash (3)

In lg skillet over med-high heat, cook 1# diced bacon for 10-12 mins, breaking apart meat. Push meat to the side (or remove from pan if needed for space) and add 1# chopped, blanched red potatoes + chopped veggies (1 yellow onion, 2T garlic, 2-3T parsley) + 16oz sliced mushrooms. Cook for 10-15 minutes. Stir veggies to combine with meat. Season w/ S&P. Remove from heat & cool. Store 1/3 in fridge for Sunday breakfast & 1/3 in freezer wk 2 Friday breakfast + 1/3 in freezer for wk 3 Friday breakfast.[*] (3)



Raspberry Dream (1)

Place the following in a large baggy:

2 chopped bananas + 16oz raspberries + 10oz frozen spinach

Repeat and fill 3 more baggies. [*] (1)

Gingered Mango (2)

Place the following in a large baggy:

20oz mango + 10oz frozen broccoli + 2tsp fresh grated ginger (or 1tsp ground ginger)

Repeat and fill 3 more baggies. [*] (2)

**Note: Freezes best if you spread out contents in baggy & lay flat so contents don't clump/ freeze together. Lasts 3-4 mths in freezer.

KEY - [*]: store in fridge or freezer per instructions.



Bonus 2: Breakfast Meal Prep: Dish Day

Raspberry Dream (1)

1. Place 1c water in a blender, add contents of 1 baggy. Blend on high until smooth.
2. Add additional liquid as needed for desired consistency.

Note: You can use a milk of choice instead of water.

Gingered Mango Smoothie (2)

1. Place 1 can **lite coconut milk** + ½c water in blender, add contents of 1 baggy & blend on high until smooth. Add liquid as needed.

Hearty Hash (3)

1. Heat a large skillet over med-high heat, re-heat has mixture until warmed through, stirring occasionally.
2. To cook frozen portions: place container in fridge to thaw for 24-48 hours before cooking. Re-heat in skillet over med-high heat, stirring often until heated through.

Broccoli Frittata (4)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through.