



Bonus 2: Breakfast Meal Prep: Grocery List

Serves 1

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

3 small bananas (1)
~2" fresh ginger knob (2)
(OR sub ground ginger)
2 cloves garlic (3)
1 bunch parsley (3)
1 small yellow onion (3)
½# red potatoes (3)
(OR sub with sweet potato or
butternut squash)
8oz sliced mushrooms (3)
1 bag chopped broccoli (4)



Meat

½# thick sliced bacon (3)*



Eggs

9 eggs (omega-3) (4)



Dairy (optional)

4oz cheddar cheese, optional
(4)



Oils

Olive or coconut oil for
sautéing



Pantry

1 can lite coconut milk (2)
5 x ½-gallon freezer baggies
(Note: each baggie holds 2
servings)



Spices

1tsp ground ginger (2)
(if not using fresh)



Frozen Fruit**

16oz raspberries (1)
20oz mango chunks (2)

Frozen Veggies**

10oz chopped spinach (1)
10oz 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 3 bananas into 1-2" pieces, set aside. (1)

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

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

Parsley: Pick leaves from stems & finely chop leaves to yield 1-2T. (3)

Red Potatoes: Chop 1/2# red potatoes into small (1/4") cubes. Set aside to boil. (3)

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



Red Potatoes: Bring 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 9 eggs.

Stir in: 4oz cubed cheddar cheese + 1 bag chopped broccoli + 1/2 tsp black pepper + 1/8 tsp salt

Put into well-oiled casserole dish or pie pan and bake at 350F for 25-35 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. Separate into 3 servings and store. [*](4)



Hearty Hash (3)

In lg skillet over med-high heat, cook 1/2# diced bacon for 10-12 mins, breaking apart meat. Push meat to the side (or remove from pan if needed for space) and add 1/2# chopped, blanched red potatoes + chopped veggies (1 yellow onion, 1T garlic, 1-2T parsley) + 8oz 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:

1 chopped banana

1-1 1/2c raspberries (or ~1/3 of the bag)

1/2c frozen spinach

Repeat and fill a 2nd and 3rd baggy. Store flat in freezer. [*] (1)

Gingered Mango (2)

Place the following in a large baggy:

10oz mango

3/4c frozen broccoli

1tsp fresh grated ginger or 1/2 tsp ground ginger

Repeat and fill a 2nd baggy. Store flat in freezer. [*] (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. Add liquid as needed for desired consistency.
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 ½ 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.