

WEEK 10 BREAKFAST IDEAS

MEATS

- 2 pounds breakfast sausage
- 1 package bacon

PANTRY

- Almond flour
- Coconut flour
- Ground flax meal
- Brown sugar monk fruit
- Unsweetened coconut flakes

COLD

- 2(8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- 2 (8 ounce) package shredded mozzarella
- 1 small package shredded gruyere*
- 2 dozen eggs
- Cottage cheese
- Butter

*To save money, you could skip the Gruyere and use mozzarella or cheddar in egg bites

PRODUCE

- 1 pint blueberries

BONUS LEMONADE INGREDIENTS:

- Lemons
- Liquid monk fruit

MON

Breakfast Casserole

Makes 12 slices,
1.6 net carbs each

TUE

Blueberry Muffins

Makes 6 muffins,
4.3 net carbs each

WED

Breakfast Hot Pockets

Makes 4 servings,
5 net carbs

THU

Egg Bites

Makes 24 bites,
1.3 net carbs for 3

FRI

Blueberry Chaffles

Makes 8;
1.8 net carbs each

BONUS

Sugar Free Lemonade

Makes 6 12-ounce servings;
2 net carb each

ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Vanilla extract,
Vegetable oil, Ground cinnamon