

Meal Ideas: Breakfast



Pancakes

Ingredients:

- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup buttermilk
- 1 large egg
- 2 tablespoons melted butter
- 1 teaspoon vanilla extract

Instructions:

- In a bowl, whisk together flour, sugar, baking powder, baking soda, and salt.
 - In another bowl, combine buttermilk, egg, melted butter, and vanilla extract.
 - Pour the wet ingredients into the dry ingredients and stir until just combined.
 - Heat a non-stick skillet over medium heat and lightly grease it.
 - Pour 1/4 cup of batter onto the skillet for each pancake.
 - Cook until bubbles form on the surface, then flip and cook until golden brown.
 - Serve with syrup and your favorite toppings.
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Scrambled Eggs

Ingredients:

- 4 large eggs
- 1/4 cup milk
- Salt and pepper to taste
- 1 tablespoon butter

Instructions:

- In a bowl, whisk together eggs, milk, salt, and pepper.
 - Heat a non-stick skillet over medium heat and melt the butter.
 - Pour the egg mixture into the skillet.
 - Cook, stirring gently, until the eggs are set but still soft.
 - Serve immediately.
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French Toast

Ingredients:

- 4 slices of bread
- 2 large eggs
- 1/2 cup milk
- 1 teaspoon vanilla extract

- 1/2 teaspoon ground cinnamon
- 1 tablespoon butter

Instructions:

- In a shallow dish, whisk together eggs, milk, vanilla extract, and cinnamon.
 - Dip each slice of bread into the egg mixture, coating both sides.
 - Heat a non-stick skillet over medium heat and melt the butter.
 - Cook the bread slices until golden brown on both sides.
 - Serve with syrup and powdered sugar.
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Smoothie Bowl**Ingredients:**

- 1 banana
- 1/2 cup frozen berries
- 1/2 cup Greek yogurt
- 1/4 cup milk
- Toppings: granola, fresh fruit, nuts, seeds

Instructions:

- In a blender, combine banana, frozen berries, Greek yogurt, and milk.
 - Blend until smooth.
 - Pour into a bowl and top with granola, fresh fruit, nuts, and seeds.
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Avocado Toast**Ingredients:**

- 2 slices of bread
- 1 ripe avocado
- Salt and pepper to taste
- Optional toppings: cherry tomatoes, red pepper flakes, poached egg

Instructions:

- Toast the bread slices.
 - Mash the avocado in a bowl and season with salt and pepper.
 - Spread the mashed avocado on the toast.
 - Add optional toppings if desired.
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Breakfast Burrito**Ingredients:**

- 2 large eggs
- 1/4 cup shredded cheese

- 1/4 cup cooked sausage or bacon
- 1/4 cup diced bell pepper
- 1/4 cup diced onion
- 1 large flour tortilla
- Salsa for serving

Instructions:

- In a bowl, whisk the eggs and cook them in a skillet over medium heat.
 - Add cheese, sausage or bacon, bell pepper, and onion to the eggs.
 - Cook until the eggs are set and the vegetables are tender.
 - Place the egg mixture in the center of the tortilla and roll it up.
 - Serve with salsa.
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Oatmeal

Ingredients:

- 1 cup rolled oats
- 2 cups water or milk
- 1/4 teaspoon salt
- Toppings: fresh fruit, nuts, honey, cinnamon

Instructions:

- In a saucepan, bring water or milk to a boil.
 - Add oats and salt, reduce heat to low, and simmer for 5 minutes, stirring occasionally.
 - Remove from heat and let sit for a few minutes.
 - Serve with your favorite toppings.
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Yogurt Parfait

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup granola
- 1/2 cup fresh berries
- Honey for drizzling

Instructions:

- In a glass or bowl, layer Greek yogurt, granola, and fresh berries.
 - Drizzle with honey.
 - Repeat layers if desired.
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Breakfast Sandwich

Ingredients:

- 1 English muffin, split and toasted
- 1 large egg
- 1 slice of cheese
- 1 slice of ham or bacon
- Salt and pepper to taste

Instructions:

- Cook the egg in a skillet over medium heat, seasoning with salt and pepper.
 - Place the cheese on top of the egg to melt.
 - Assemble the sandwich with the egg, cheese, and ham or bacon between the English muffin halves.
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Chia Pudding

Ingredients:

- 1/4 cup chia seeds
- 1 cup almond milk
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon vanilla extract
- Toppings: fresh fruit, nuts, coconut flakes

Instructions:

- In a bowl, whisk together chia seeds, almond milk, honey or maple syrup, and vanilla extract.
 - Cover and refrigerate for at least 4 hours or overnight.
 - Stir well before serving and top with your favorite toppings.
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Breakfast Quesadilla

Ingredients:

- 1 large flour tortilla
- 2 large eggs
- 1/4 cup shredded cheese
- 1/4 cup cooked sausage or bacon
- 1/4 cup diced bell pepper
- Salsa for serving

Instructions:

- In a bowl, whisk the eggs and cook them in a skillet over medium heat.
- Add cheese, sausage or bacon, and bell pepper to the eggs.
- Cook until the eggs are set and the vegetables are tender.
- Place the egg mixture on one half of the tortilla and fold the other half over.

- Cook in the skillet until the tortilla is golden brown and crispy.
 - Serve with salsa.
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Banana Bread

Ingredients:

- 3 ripe bananas, mashed
- 1/3 cup melted butter
- 1/2 cup sugar
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- Pinch of salt
- 1 1/2 cups all-purpose flour

Instructions:

- Preheat oven to 350°F (175°C).
 - In a bowl, mix mashed bananas and melted butter.
 - Add sugar, beaten egg, and vanilla extract, and mix well.
 - Stir in baking soda, salt, and flour until just combined.
 - Pour the batter into a greased loaf pan.
 - Bake for 60 minutes or until a toothpick inserted into the center comes out clean.
 - Let cool before slicing.
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Breakfast Tacos

Ingredients:

- 2 large eggs
- 1/4 cup shredded cheese
- 1/4 cup cooked sausage or bacon
- 1/4 cup diced bell pepper
- 1/4 cup diced onions
- 2 small flour tortillas
- Salsa for serving

Instructions:

- In a bowl, whisk the eggs and cook them in a skillet over medium heat.
- Add cheese, sausage or bacon, onions and bell pepper to the eggs.
- Cook until the eggs are set and the vegetables are tender.
- Divide the egg mixture between the tortillas.
- Serve with salsa.

Granola Bars

Ingredients:

- 2 cups rolled oats
- 1/2 cup honey or maple syrup
- 1/2 cup peanut butter
- 1/2 cup chopped nuts
- 1/2 cup dried fruit
- 1 teaspoon vanilla extract

Instructions:

- Preheat oven to 350°F (175°C).
 - In a bowl, mix oats, honey or maple syrup, peanut butter, nuts, dried fruit, and vanilla extract.
 - Press the mixture into a greased baking dish.
 - Bake for 20-25 minutes or until golden brown.
 - Let cool before cutting into bars.
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Smoothie

Ingredients:

- 1 banana
- 1/2 cup frozen berries
- 1/2 cup Greek yogurt
- 1/2 cup milk
- 1 tablespoon honey

Instructions:

- In a blender, combine banana, frozen berries, Greek yogurt, milk, and honey.
 - Blend until smooth.
 - Serve immediately.
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Breakfast Pizza

Ingredients:

- 1 pre-made pizza crust
- 1/2 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 2 large eggs
- 1/4 cup cooked sausage or bacon
- 1/4 cup diced bell pepper

Instructions:

- Preheat oven to 425°F (220°C).
 - Spread marinara sauce over the pizza crust.
 - Sprinkle mozzarella cheese on top.
 - Crack the eggs onto the pizza.
 - Add sausage or bacon and bell pepper.
 - Bake for 10-12 minutes or until the eggs are set and the cheese is melted.
 - Serve immediately.
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Muffins**Ingredients:**

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1/4 cup vegetable oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen berries

Instructions:

- Preheat oven to 375°F (190°C).
 - In a bowl, mix flour, sugar, baking powder, and salt.
 - In another bowl, combine milk, vegetable oil, egg, and vanilla extract.
 - Pour the wet ingredients into the dry ingredients and stir until just combined.
 - Fold in the berries.
 - Divide the batter evenly among a greased muffin tin.
 - Bake for 20-25 minutes or until a toothpick inserted into the center comes out clean.
 - Let cool before serving.
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Breakfast Casserole**Ingredients:**

- 6 large eggs
- 1 cup milk
- 1 cup shredded cheese
- 1/2 cup cooked sausage or bacon
- 1/2 cup diced bell pepper
- 1/2 cup diced onion

- Salt and pepper to taste

Instructions:

- Preheat oven to 350°F (175°C).
 - In a bowl, whisk together eggs, milk, salt, and pepper.
 - Stir in cheese, sausage or bacon, bell pepper, and onion.
 - Pour the mixture into a greased baking dish.
 - Bake for 30-35 minutes or until the eggs are set.
 - Let cool slightly before serving.
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Bagel with Cream Cheese**Ingredients:**

- 1 bagel, sliced and toasted
- 2 tablespoons cream cheese
- Optional toppings: smoked salmon, capers, red onion, tomato slices

Instructions:

- Spread cream cheese on each half of the toasted bagel.
 - Add optional toppings if desired.
 - Serve immediately.
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Breakfast Skillet**Ingredients:**

- 2 large eggs
- 1/2 cup diced potatoes
- 1/4 cup diced bell pepper
- 1/4 cup diced onion
- 1/4 cup cooked sausage or bacon
- Salt and pepper to taste
- 1 tablespoon olive oil

Instructions:

- Heat olive oil in a skillet over medium heat.
- Add potatoes, bell pepper, and onion, and cook until tender.
- Add sausage or bacon and cook until heated through.
- Make two wells in the mixture and crack an egg into each well.
- Cover and cook until the eggs are set.
- Season with salt and pepper.

- Serve immediately.
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Breakfast Bowl

Ingredients:

- 1/2 cup cooked quinoa
- 1/4 cup black beans, rinsed and drained
- 1/4 cup diced avocado
- 1/4 cup cherry tomatoes, halved
- 1 large egg, poached or fried
- Salt and pepper to taste
- 1 tablespoon olive oil

Instructions:

- In a bowl, combine quinoa, black beans, avocado, and cherry tomatoes.
 - Top with the poached or fried egg.
 - Drizzle with olive oil and season with salt and pepper.
 - Serve immediately.
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Breakfast Croissant

Ingredients:

- 1 croissant, sliced in half
- 1 large egg
- 1 slice of cheese
- 1 slice of ham or bacon
- Salt and pepper to taste

Instructions:

- Cook the egg in a skillet over medium heat, seasoning with salt and pepper.
 - Place the cheese on top of the egg to melt.
 - Assemble the sandwich with the egg, cheese, and ham or bacon between the croissant halves.
 - Serve immediately.
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Breakfast Frittata

Ingredients:

- 6 large eggs
- 1/4 cup milk
- 1/2 cup shredded cheese
- 1/4 cup diced bell pepper

- 1/4 cup diced onion
- 1/4 cup cooked sausage or bacon
- Salt and pepper to taste
- 1 tablespoon olive oil

Instructions:

- Preheat oven to 350°F (175°C).
 - In a bowl, whisk together eggs, milk, salt, and pepper.
 - Stir in cheese, bell pepper, onion, and sausage or bacon.
 - Heat olive oil in a skillet over medium heat.
 - Pour the egg mixture into the skillet and cook until the edges are set.
 - Transfer the skillet to the oven and bake for 15-20 minutes or until the eggs are set.
 - Let cool slightly before slicing and serving.
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Breakfast Bagel Sandwich**Ingredients:**

- 1 bagel, sliced and toasted
- 1 large egg
- 1 slice of cheese
- 1 slice of ham or bacon
- Salt and pepper to taste

Instructions:

- Cook the egg in a skillet over medium heat, seasoning with salt and pepper.
 - Place the cheese on top of the egg to melt.
 - Assemble the sandwich with the egg, cheese, and ham or bacon between the bagel halves.
 - Serve immediately.
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Overnight Oats**Ingredients:**

- 1/2 cup rolled oats
- 1/2 cup almond milk
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup
- 1/2 teaspoon vanilla extract
- Toppings: fresh fruit, nuts, seeds

Instructions:

- In a jar, combine oats, almond milk, chia seeds, honey or maple syrup, and vanilla extract.
- Stir well, cover, and refrigerate overnight.

- In the morning, stir again and add your favorite toppings.
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Egg Muffins

Ingredients:

- 6 large eggs
- 1/4 cup milk
- 1/2 cup diced bell pepper
- 1/2 cup diced spinach
- 1/4 cup shredded cheese
- Salt and pepper to taste

Instructions:

- Preheat oven to 350°F (175°C).
 - In a bowl, whisk together eggs, milk, salt, and pepper.
 - Stir in bell pepper, spinach, and cheese.
 - Pour the mixture into a greased muffin tin.
 - Bake for 20-25 minutes or until the eggs are set.
 - Let cool before removing from the tin.
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Apple Peanut Butter Sandwiches

Ingredients:

- 1 apple, cored and sliced into rings
- 2 tablespoons peanut butter
- Optional toppings: granola, raisins, coconut flakes

Instructions:

- Spread peanut butter on one side of each apple ring.
 - Add optional toppings if desired.
 - Sandwich two apple rings together with the peanut butter sides facing in.
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Protein Smoothie

Ingredients:

- 1 banana
- 1/2 cup Greek yogurt
- 1/2 cup almond milk
- 1 scoop protein powder
- 1 tablespoon peanut butter

Instructions:

- In a blender, combine banana, Greek yogurt, almond milk, protein powder, and peanut butter.
 - Blend until smooth.
 - Serve immediately.
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Cottage Cheese and Fruit

Ingredients:

- 1 cup cottage cheese
- 1/2 cup fresh berries
- 1 tablespoon honey

Instructions:

- In a bowl, combine cottage cheese and fresh berries.
 - Drizzle with honey.
 - Serve immediately.
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Veggie Wrap

Ingredients:

- 1 large whole wheat tortilla
- 1/4 cup hummus
- 1/4 cup shredded carrots
- 1/4 cup sliced cucumber
- 1/4 cup baby spinach
- 1/4 cup sliced bell pepper

Instructions:

- Spread hummus on the tortilla.
 - Layer with shredded carrots, cucumber, spinach, and bell pepper.
 - Roll up the tortilla tightly.
 - Slice in half and serve.
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Almond Butter Banana Toast

Ingredients:

- 2 slices whole grain bread, toasted
- 2 tablespoons almond butter
- 1 banana, sliced
- 1 teaspoon chia seeds

Instructions:

- Spread almond butter on the toasted bread.

- Top with banana slices and sprinkle with chia seeds.
 - Serve immediately.
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Greek Yogurt with Honey and Nuts

Ingredients:

- 1 cup Greek yogurt
- 1 tablespoon honey
- 1/4 cup mixed nuts

Instructions:

- In a bowl, combine Greek yogurt and honey.
 - Top with mixed nuts.
 - Serve immediately.
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Avocado and Egg Toast

Ingredients:

- 2 slices whole grain bread, toasted
- 1 ripe avocado
- 1 large egg, poached or fried
- Crushed red pepper flakes to taste
- Salt and pepper to taste

Instructions:

- Mash the avocado and spread it on the toasted bread.
 - Top with the poached or fried egg.
 - Season with crushed red pepper flakes + salt and pepper.
 - Serve immediately.
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Quinoa Breakfast Bowl

Ingredients:

- 1/2 cup cooked quinoa
- 1/4 cup diced avocado
- 1/4 cup cherry tomatoes, halved
- 1 large egg, poached or fried
- Salt and pepper to taste

Instructions:

- In a bowl, combine cooked quinoa, avocado, and cherry tomatoes.
- Top with the poached or fried egg.
- Season with salt and pepper.

- Serve immediately.
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Berry and Spinach Smoothie

Ingredients:

- 1/2 cup frozen berries
- 1/2 cup spinach
- 1/2 cup Greek yogurt
- 1/2 cup almond milk
- 1 tablespoon honey

Instructions:

- In a blender, combine frozen berries, spinach, Greek yogurt, almond milk, and honey.
 - Blend until smooth.
 - Serve immediately.
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Fruit and Nut Bars

Ingredients:

- 1 cup dates, pitted
- 1 cup mixed nuts
- 1/4 cup dried fruit
- 1 tablespoon honey

Instructions:

- In a food processor, combine dates, mixed nuts, dried fruit, and honey.
 - Process until the mixture comes together.
 - Press the mixture into a greased baking dish.
 - Refrigerate for at least 1 hour before cutting into bars.
 - Store in an airtight container.
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Peanut Butter and Banana Smoothie

Ingredients:

- 1 banana
- 1/2 cup Greek yogurt
- 1/2 cup almond milk
- 1 tablespoon peanut butter
- 1 tablespoon honey

Instructions:

- In a blender, combine banana, Greek yogurt, almond milk, peanut butter, and honey.
- Blend until smooth.

- Serve immediately.
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Cottage Cheese and Veggie Bowl

Ingredients:

- 1 cup cottage cheese
- 1/4 cup diced cucumber
- 1/4 cup cherry tomatoes, halved
- 1/4 cup diced bell pepper
- Salt and pepper to taste

Instructions:

- In a bowl, combine cottage cheese, cucumber, cherry tomatoes, and bell pepper.
 - Season with salt and pepper.
 - Serve immediately.
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Almond Butter and Apple Slices

Ingredients:

- 1 apple, sliced
- 2 tablespoons almond butter

Instructions:

- Spread almond butter on each apple slice.
- Serve immediately.