**Breakfast Process**

In order to maximize efficiency, I prepare all breakfast/lunches/dinners on Sunday afternoons. For breakfast prep, I first set out five (5) small freezer-safe ziplock bags with the date recorded on the front. I then fill each bag with one (1) whole banana, a small handful of frozen strawberries and mango, two (2) tbsp powdered peanut butter, and two (2) scoops protein powder. These bags are then sealed and placed into the freezer for the week.

In the morning, we pull one (1) bag out of the freezer, empty the contents into our blender, add almond milk, and blend until smooth. This makes two (2) large servings, keeping both my fiancé and myself full until it’s time for a mid-morning snack.