At 7am the alarm will sound alerting me that it is time to get up and get breakfast prepared for my family. Breakfast is the most important meal of the day, but it is also the time of the day where I have the least amount of time so I have to have a plan, and it has to be quick but nutritious. First I open the blinds so I can see the lake in the backyard from the window and I turn the TV on so I can listen to the news while I prepare breakfast.

1. Make coffee

Open the coffee canister and put two heaping scoops of coffee into the coffeemaker’s filter basket.

Fill the glass decanter up to the 6 cup mark and pour into the water reservoir.

Press the power button and coffee will start to brew and fill the decanter.

1. Make eggs

Take the carton of eggs out of the refrigerator, and a plate with paper towel from the cupboard.

Remove the non stick skillet from the pot cupboard and place on the stove.

Turn the stove on to a medium high setting.

When the pan is warm enough use a table knife and crack open 4 eggs into the skillet.

Put the egg carton back in the fridge.

Allow the eggs to cook for about 2 minutes on each side turning a few times till the yolks are firm.

Once the eggs are cooked, slide them from the pan onto the paper towel and cover and set it aside.

1. Prepare Pancakes

Take out butter, organic pancake syrup, and table knife.

Take a stack of plates from the cupboard.

Open freezer and remove frozen pancakes package.

Place 3 pancakes side by side on each plate and heat in a high powered microwave for 1:06.

For each plate, spread a little butter on each pancake and arrange in mini stacks.

Put one or two cooked eggs on the plate along with the pancakes.

1. Call everyone

Put all the plates of breakfast on the table and call the kids to come eat.

While everyone eats I pour glasses of pomegranate or orange juice for everyone.

Place bowl of pre-sliced apples, oranges, or bananas in the middle of the table.

1. My Breakfast

Next, I place two slices of bread in the toaster and toast lightly.

I make a sandwich for myself with the last egg, which I typically take to work to have breakfast at about 10am.

Wrap in aluminum foil and place in lunch bag.

I then pour myself a cup of the then brewed coffee and add cream and brown sugar.