

7-Day Whole-Food Breakfast Blueprint

Batch-friendly breakfasts to steady your mornings.

1. Overnight chia pudding with citrus-maca boost
2. Miso greens omelette cups ready in 15 minutes
3. Spiced quinoa porridge with roasted pears
4. Savory oat bake featuring seasonal vegetables

Includes macro notes, swaps, and planner prompts in your inbox.