



Mission DIY: Mother's Day Brunch Plan

Beverage: Vanilla Cold Brew

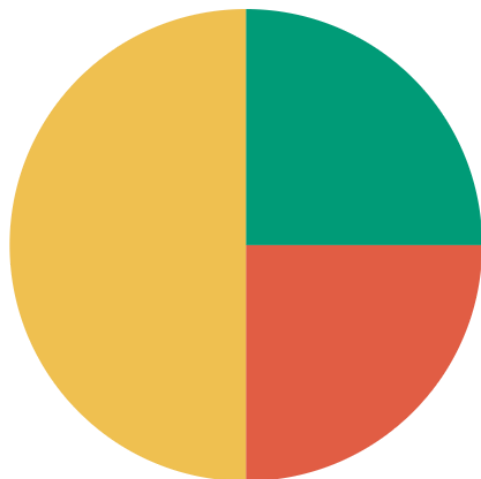
Meal: Spinach Egg Bake with Spring Vegetable Hash

Dessert: Waffles Mascarpone with Pistachio

Tips for Brunch Balance

Your Mission DIY Mother's Day Plate

- Spinach Egg Bake
- Waffles Mascarpone
- Spring Vegetable Hash



Before the brunch...

- ☐ **Make just enough food to feel satisfied.** A bountiful table looks and feels nice, but sitting too long in front of delicious food may lead to mindless eating.
- ☐ **Don't show up to brunch too hungry.** Plan to eat a light breakfast, then Mother's Day Brunch, then a light dinner.

At the brunch...

- ☐ **Follow the portion plate** suggested by the image, left. Use small plates, <8 inches in diameter.
- ☐ **Focus on the taste of food and memories being made.**

After the brunch...

- ☐ **Take a 30 minute walk** to support healthy metabolism.
- ☐ **Make the choice to return back to your usual routine** with gratitude for a satisfied heart and belly!



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The Grocery List

Fresh	Refrigerated and Frozen	Aisles
<ul style="list-style-type: none"><input type="checkbox"/> 5 oz. baby spinach<input type="checkbox"/> Small bunch green onions<input type="checkbox"/> 1 onion*<input type="checkbox"/> 1 red bell pepper*<input type="checkbox"/> 1 small bunch asparagus*<input type="checkbox"/> 1 small zucchini or yellow squash<input type="checkbox"/> 1 small bunch broccoli*<input type="checkbox"/> 1 garlic bulb (or minced garlic)*	<p>Refrigerated</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 dozen eggs*<input type="checkbox"/> 1 vanilla flavor natural creamer*<input type="checkbox"/> Part-skim shredded mozzarella*<input type="checkbox"/> 8 ounces mascarpone cheese <p>Frozen</p> <ul style="list-style-type: none"><input type="checkbox"/> Kashi 7-Grain Waffles*<input type="checkbox"/> Frozen Peaches*<input type="checkbox"/> 1 bag shredded hash browns	<ul style="list-style-type: none"><input type="checkbox"/> 1 bag coarsely ground coffee*<input type="checkbox"/> Oil*<input type="checkbox"/> Cooking spray*<input type="checkbox"/> 1 vanilla bean<input type="checkbox"/> No shell, lightly salted pistachios*<input type="checkbox"/> Vanilla extract<input type="checkbox"/> Maple syrup

*This brunch plan offers leftover ingredients to use for with your Mission DIY meal plan and 20 snack ideas list. [Subscribe here.](#)

The Fine Print

Mission Nutrition meal plans are foodie inspired with some shortcuts to make good food happen for real women with busy lives (and possibly without lots of tools like waffle makers). That's why you see things like frozen waffles and hash browns suggested. If you'd like to use your favorite recipes to make from scratch to make it feel more special, go for it! Otherwise enjoy the suggestions for curated, just-as-good products.

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The Recipes

Beverage

Vanilla Cold Brew

Serves: 4 Make the night before

1. Mix $\frac{3}{4}$ cup ground coffee beans (choose decaf if you're sensitive to caffeine) with 4 cups of filtered water in a pitcher.
 - If you have a [32 ounce French Press](#), use it! If not, a regular pitcher will do.
2. Add $\frac{1}{2}$ vanilla bean, split in half lengthwise to release the flavor. Refrigerate overnight ~12-16 hours.
3. If you did not use a French Press, pour coffee through a sieve over ice. Add 1 tablespoon each of creamer, if desired.

Meal

Spinach Egg Bake

Serves: 6 Make the morning of: 5 minutes prep, 35 minutes cook time

1. Preheat oven to 375 F. Spray a [glass casserole dish](#) with cooking spray.
2. Heat 1 tablespoon of oil in a large frying pan, add entire box of baby spinach until it is wilted.
3. Add the cooked spinach to the pan. Add 1.5 cups part skim mozzarella and sliced green onions.
4. Beat eight eggs with salt and fresh ground pepper to taste and add egg mixture to the glass dish.
5. Bake 35 minutes. Let cool about 5 minutes before cutting. You may freeze extra. Microwave ~30 seconds to reheat.

Meal

Spring Vegetable Hash

Serves: 4 Make the morning of, or the night before: 15 minutes prep, 10 minutes cook time.

1. Chop $\frac{1}{2}$ onion, $\frac{1}{2}$ red bell pepper, $\frac{1}{2}$ bunch of asparagus, 1 zucchini, and 1 bunch of broccoli into a uniform size.
2. Warm 1 tablespoon of oil in a large frying pan. Add vegetables, garlic, salt, pepper to taste. Cook until soft, ~10 minutes.
3. Add 2 cups of frozen, shredded potato hash browns, stirring in with vegetable mixture until warm throughout.



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The Recipes

Dessert

Waffles Mascarpone + Pistachio

Serves 4 Make the morning of, 15 minutes prep and cook time.

1. Warm 2 cups frozen peaches in a saucepan set to low heat. Warm throughout and thicken, about 15 minutes.
2. Meanwhile, whisk 1, 8 ounce container mascarpone cheese, 1 teaspoon maple syrup, 1 teaspoon vanilla extract in a bowl.
3. Toast 4 Kashi Waffles according to package instructions.
4. Top each waffle with equal portions of mascarpone mix and peach syrup.
5. Top each waffle with 1 teaspoon each of unshelled, salted pistachios.

Decor Tips

- **No time:** Serve up the most heartfelt and lovely hug you can muster, right when Mom walks in the door.
- **Some time:** Order floral cloth napkins so you can elevate your serving experience. Bonus points if you can fold them.
- **More time:** Prepare a bouquet or vase of fresh flowers. Place one flower in the color of each child or grandchild's birthstone in the vase. See if she can quickly figure out the code behind the arrangement.

Self-Coaching Exercise

Thoughts? Take a moment to self-coach and customize this brunch for next time:

- What did you learn?
- What did you like?
- What will you do differently next time?

Contact: melissa@missionnutritionboston.com with feedback or questions. For future releases, [sign up for the newsletter](#).