

Easy Real Food Breakfast Plan

Monday

Healthy muffins and quick breads with fruit. Add yogurt or a hard boiled egg for protein.

Tuesday

Quick hot breakfasts. (Easy french toast, egg sandwiches, freezer pancakes or waffles.)

Wednesday and Thursday

Overnight oats or baked oatmeal.

Friday

Breakfast smoothies.

Saturday

Eggs (scrambled, omelet, or mini frittatas) and toast.

Sunday

Pancakes, waffles, or french toast.

See the recipes and full plan at:

<http://kristineskitchenblog.com/weve-stopped-relying-packaged-cereal-breakfast/>

www.kristineskitchenblog.com