

WEEK 1 BREAKFAST IDEAS

MEATS

- 1 pound breakfast sausage
- 1 package bacon (thick sliced preferably)
- 1 package prosciutto

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- Eggs
- Butter
- Heavy cream*

PANTRY

- Almond flour
- Almond milk
- Chia seeds
- Brown sugar monk fruit
- Coconut flakes
- Almonds
- Macadamia nuts

EXTRA BONUS CHAFFLE INGREDIENTS

- Blueberries
- Extra cream cheese

ITEMS YOU PROBABLY ALREADY HAVE

Spices: Baking powder, Cinnamon, Vanilla extract

MON 5-Ingredient Sausage Balls

Makes 25 balls,
0.8 net carbs each

TUE Bacon Egg and Cheese Muffins

Makes 24 muffins;
0.8 net carbs each

WED Pumpkin Chia Seed Pudding

Makes 2 servings;
3.6 net carbs each

THU Easy Baked Eggs

Makes 6 eggs;
0.4 net carbs each

FRI Grain Free Granola

Makes 18 (1/4 cup) servings;
2.5 net carbs each

BONUS Blueberry Chaffles

Makes 8 Chaffles;
1.8 net carbs each