

# WEEK 2 BREAKFAST IDEAS

## MEATS

- 1 pound ham
- 1 pound bacon

## COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- 1 (8 ounce) package shredded mozzarella
- Eggs (2 dozen)
- Butter
- Heavy cream

## PANTRY

- Almond flour
- Coconut flour
- Almond milk
- Brown sugar monk fruit
- Coconut flakes
- Lily's semi-sweet chocolate chips

## PRODUCE

- 1 small head broccoli
- 1 bunch green onions

### EXTRA BONUS TOAST INGREDIENTS

- Avocado
- Cherry tomatoes or 1 small tomato
- Feta cheese

MON

### Coconut Flour Muffins

Makes 6 muffins,  
4.7 net carbs each

TUE

### Broccoli Cheddar

### Egg Muffins

Makes 12 muffins;  
1 net carbs each

WED

### Keto Bagels

Makes 6 bagels;  
3.4 net carbs each

THU

### Ham Quiche Cups

Makes 12 mini quiches;  
0.8 net carbs each

FRI

### Bacon Cheddar

### Chaffles

Makes 5 chaffles;  
2.2 net carbs each

BONUS

### Avocado Chaffle Toast

Makes 1 toast;  
4.8 net carbs each

### TOAST OR SANDWICH IDEAS

- Bacon, Egg, Cheese
- Bacon, Lettuce, Tomato
- Ham, Cheddar, Egg
- Avocado, Tomato, Feta
- Cream cheese, seasoning
- Ham, Cheese, Avocado
- Bacon, Avocado, Feta

### ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Vanilla extract, Vegetable oil, Everything Bagel seasoning/sesame seeds/sea salt flakes/your favorite bagel topping