

WEEK 3 BREAKFAST IDEAS

MEATS

- 2 pounds breakfast sausage
- 1 package prosciutto

PANTRY

- Almond flour
- Low carb peanut butter
- Almond milk
- Golden monk fruit
- Cocoa powder
- Lily's semi-sweet chocolate chips
- Keto-friendly protein powder
- Canned jalapenos (or 1-2 fresh)

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- Shredded parmesan
- Eggs (1 dozen)
- Butter
- Heavy cream

EXTRA BONUS TOAST INGREDIENTS

You'll already have everything you need if you use the sausage chaffles. For plain, pick up 1 8-ounce bag mozzarella.

MON
MON

Sausage & Biscuits

Makes 12 biscuit sandwiches,
3.9 net carbs each

TUE
TUE

Chocolate Chip Muffins

Makes 18 muffins;
3.6 net carbs each

WED
WED

Sausage Jalapeno Chaffle

Makes 5 chaffles;
1.8 net carbs each

THU
THU

Chocolate Chip Protein Pancakes

Makes 8 pancakes;
3.4 net carbs each

FRI
FRI

Eggs in the Air Fryer

Makes 1 egg;
0.6 net carbs each

BONUS
BONUS

Prosciutto Egg Toast

Makes 1 toast;
2.4 net carbs each

ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Vanilla
extract, Spray oil