

# WEEK 4 BREAKFAST IDEAS

## MEATS

- 2 pounds bacon
- 1 small package chopped ham

## PANTRY

- Almond flour
- Low carb tortillas
- Confectioner's monk fruit\*
- Granulated monk fruit\*

\*Other keto-friendly sweeteners like Swerve works fine, too.

## COLD

- 2 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded cheddar cheese
- 1 (8 ounce) package shredded mozzarella cheese
- Sliced Swiss cheese\*
- 2.5 dozen eggs
- Butter
- Heavy cream

\*You can use the shredded cheeses instead of Swiss to save money.

## PRODUCE

- 1 bunch fresh chives
- 1 lemon
- 1 bunch fresh spinach

MON

Lemon Cheesecake

Parfait

Makes 1 parfait,  
3.4 net carbs each

TUE

Spinach & Bacon Egg

Muffins

Makes 12 muffins,  
1 net carb each

WED

Breakfast Quesadilla

Makes 1 quesadilla,  
4.7 net carbs

THU

Bacon Cheddar Chive

Biscuits + 2 eggs

Makes 12 biscuits + 2 eggs,  
6.1 net carbs each

FRI

Cinnamon Roll Chaffle

Makes 6 chaffles;  
2.3 net carbs each

BONUS

Mocha Frappuccino

Makes 1 drink;  
3.4 net carbs each

### ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Vanilla  
extract, Spray oil, Salt,  
Pepper