

WEEK 5 BREAKFAST IDEAS

MEATS

- 2 pounds bacon
- 1 pound breakfast sausage

PANTRY

- Almond flour
- Coconut flour
- Ground flax meal *
- Large low carb tortilla
- Ground coffee
- Brown sugar monk fruit
- Unsweetened almond flour
- Unsweetened coconut flakes *

*Optional

COLD

- 1 (8 ounce) package cream cheese
- 1 (8 ounce) package shredded white cheddar cheese
- 2 (8 ounce) package shredded mozzarella cheese
- 1 1/2 dozen eggs
- Heavy cream
- Butter
- Half & Half *

*You can make half & half by mixing equal parts milk and heavy cream.

PRODUCE

- Fresh blueberries
- Avocado
- Leeks *optional

MON

Sausage Cream

Cheese Pinwheels

Makes 10 pinwheels,
2.1 net carbs each

TUE

Keto Blueberry

Muffins

Makes 6 muffins,
4.3 net carb each

WED

Bacon Egg & Cheese

Tortilla

Makes 1 tortilla
5.6 net carbs

THU

Sausage Cheese Egg

Muffins

Makes 12 muffins
0.9 net carbs each

FRI

Keto Breakfast Pizza

Makes 1 pizza (6 slices);
0.6 net carbs per slice

BONUS

Simple Iced Coffee

Makes 1 drink;
2 net carbs each

ITEMS YOU PROBABLY ALREADY HAVE

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