

WEEK 6 BREAKFAST IDEAS

MEATS

- 2 pounds ground chorizo
- 1 pound bacon (bonus)

PANTRY

- Almond flour
- Brown sugar monk fruit
- Hot sauce
- Coconut flakes (unsweetened)
- Almonds
- Macadamia nuts
- Sugar free maple syrup (optional)

COLD

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

PRODUCE

- 1 large bell pepper
- 1 avocado
- 1 red or white onion
- 1 pint cherry tomatoes
- 1 bunch green onions
- Fresh basil

MON

Cream Cheese Chaffles

Makes 7 chaffles,
1.3 net carbs each

TUE

Chorizo Breakfast Scramble

Makes 6 servings,
5 net carb each

WED

Three-Cheese Biscuits

Makes 22 biscuits,
2 net carbs each

THU

Chorizo Sausage Balls

Makes 25 balls,
1 net carb each

FRI

Toasted Coconut Granola

Makes 18 servings;
2.5 net carbs each

BONUS

Air Fryer Bacon

Makes 4 slices;
0.1 net carbs each

ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Vanilla extract,
Cooking oil, Salt, Pepper,
Cinnamon, Parsley, Garlic powder