

# WEEK 7 BREAKFAST IDEAS

## MEATS

- 1.5 - 2 pounds thick-cut bacon

## PANTRY

- Almond flour
- Mayonnaise
- Low carb tortillas (street taco size)

## COLD

- 1 (8 ounce) package cream cheese
- 1 (16 ounce) package shredded cheddar cheese
- 2. 1/2 dozen eggs
- Heavy cream

## PRODUCE

- 1 head broccoli
- 1 avocado
- 1 bunch scallions
- 1 head garlic
- 1 head lettuce
- 1 small tomato
- 2 small zucchini
- 2 jalapenos

MON

### Easy Frittata Recipe

Makes 8 slices,  
2.3 net carbs each

TUE

### Bacon Breakfast Tacos

Makes 4 tacos,  
4.7 net carbs each

WED

### BLT Lettuce Wraps

Makes 2 wraps,  
2 net carbs each

THU

### Bacon Egg & Cheese Rolls

Makes 6 rolls,  
3.3 net carbs each

FRI

### Bacon Egg Zucchini Bites

Makes 24 bites;  
0.2 net carbs each

BONUS

### Gingerbread Latte

Makes 1 drink;  
1 net carb each

### BONUS LATTE INGREDIENTS:

- Espresso
- Heavy cream
- Sugar-free gingerbread flavored syrup

### ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Cooking oil, Salt, Pepper