

WEEK 8 BREAKFAST IDEAS

MEATS

- 2 pounds ham

PANTRY

- Almond flour

COLD

- 1 (8 ounce) package cream cheese
- 1 (16 ounce) package shredded cheddar cheese
- 1 (8 ounce) package shredded mozzarella
- Shredded Swiss*
- 1 1/2 dozen eggs
- Heavy cream
- Butter
- Cottage cheese

*To save money, you could skip the Swiss and use mozzarella or cheddar in ham biscuits.

PRODUCE

- 1 head broccoli
- 2 jalapenos
- 1 green bell pepper
- 1 yellow or white onion
- 1 bunch green onions

BONUS CANDIED BACON INGREDIENTS:

- Thick cut bacon
- Sugar free maple syrup

MON

Ham & Swiss Biscuits

Makes 15 biscuits,
3.2 net carbs each

TUE

Air Fryer Eggs

Makes 1 serving,
3.8 net carbs each

WED

Ham Cheddar Jalapeno Bites

Makes 24 bites,
1.1 net carbs each

THU

Ham & Cheese Chaffles

Makes 5 chaffles,
1.2 net carbs each

FRI

Ham Broccoli Cheese Scramble

Makes 4 servings;
2.1 net carbs each

BONUS

Candied Bacon

Makes 12 slices;
0.8 net carb each

ITEMS YOU PROBABLY ALREADY HAVE

Baking powder, Cooking oil, Salt,
Pepper