



# WELLNESS MEAL PLAN

## BREAKFAST MENU

### **STAPLES**

#### **BREAKFAST BURRITO**

*Whole wheat tortilla stuffed with turkey bacon, scrambled egg whites, cheddar cheese, tomatoes, onions, and sautéed peppers. Served with a side of Pico de Gallo.*

#### **CINNAMON PROTEIN PANCAKES**

*High protein cinnamon pancakes served with turkey bacon & sugar-free syrup.*

#### **LEAN MORNING ENERGY BOWL**

*Egg white, lean ground chicken breast, brown rice and spinach together for the perfect amount of morning energy.*

#### **POWER BREAKFAST BURRITO**

*Eggs, lean ground beef, cheddar and hash browns wrapped up in a tortilla!*

### **SPECIALS**

(WEEK OF: 7/27/20)

#### **COOKIES 'N CREAM OVERNIGHT OATS**

*High protein overnight oatmeal with chunks of cookie!*

#### **BREAKFAST FLATBREAD**

*Flatbread, sausage, egg and cheese.*

#### **SPICED RAISIN PANCAKES**

*Whole wheat pancakes with chunks of raisins.*

*Served with turkey bacon and a rum raisin cream cheese.*

#### **SOUTHWEST SCRAMBLE**

*Scrambled eggs with roasted peppers, onions, corn, and jalepeno peppers.*

*Served with roasted potatoes and avocado.*