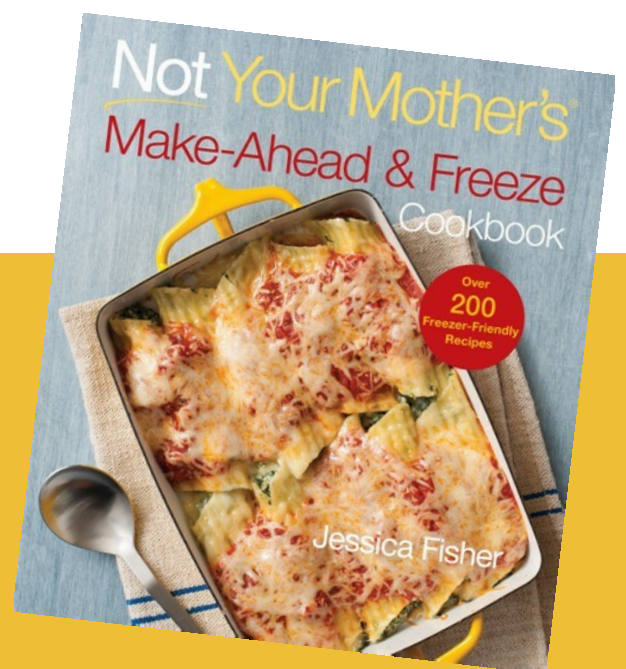


# Grab & Go Breakfast Freezer Meal Plan

to be used with recipes from  
***Not Your Mother's Make-Ahead & Freeze Cookbook*** by Jessica Fisher



# Grab & Go Breakfast Meal Plan

## 24 meals serving four people -- 5 to 6 hours

This meal plan should cover breakfasts for a family of four for at least three weeks, provided you supplement with fresh produce and other side dishes.

Honey Multi-Grain Rolls, page 317, 2 batches

[Cinnamon Apple Oat Cakes](#), 2 batches

Eggs Florentine Casserole (baked, cut into portions, wrapped and frozen), page 275, 1 batch

Herbed Pork Sausage Patties, page 173, 2 batches

Breakfast Sliders, page 280, 2 batches

[Pumpkin Spice Scones](#), 1 batch

Spiced Whole Grain Waffles, page 262, 1 batch

[Coconut Mango Banana Smoothie](#), 4 batches

### **Notes**

- Whole Wheat Pastry Flour can be difficult to find in some areas of the country. If you can't find it in the baking aisle, check the organic or specialty foods section of the store. Unbleached, all-purpose flour is a good substitute if you can't find it.
- Oat Flour: To make your own oat flour, just grind some old-fashioned or quick oats in a blender until it turns into flour.
- If you don't have a bread machine, you can mix the rolls by hand. Place the milk and butter in a medium saucepan and warm slightly. Transfer the mixture to a large bowl and add the honey and yeast. Stir and allow the yeast to proof for 5 minutes. Add the dry ingredients. Stir to combine well. Turn the mixture onto a lightly floured surface and knead. Continue kneading for 5 minutes to create a smooth, elastic dough, adding more of the flour as necessary. Transfer to a greased bowl and turn the dough ball to coat. Let rise until doubled in bulk, about 1 hour.
- Using canned pumpkin? Don't let the leftover in the can go to waste after you make scones. Substitute the 1 1/2 cups of pumpkin for an equal amount of milk in the waffles. Or, divide it up into 1/2 cup portions and freeze until needed for another recipe.

# Grocery List

## FRESH PRODUCE:

- 4 apples
- 4 garlic cloves
- 4 small bananas
- 1 orange for zesting

## DAIRY:

- 1 cup plain yogurt
- 7 cups milk
- 1 cup buttermilk
- 17 eggs
- 16 oz. cottage cheese
- 2 cups shredded Swiss cheese
- 2 cups crumbled Feta cheese
- 12 large slices of cheddar cheese
- 2 cups plus 5 Tablespoons unsalted butter
- 4 Tablespoons salted butter

## FROZEN:

- 10 oz. package frozen chopped spinach
- 2 cups frozen mango chunks

## MEAT & POULTRY:

- 2 pounds lean ground pork

## CANNED/BOTTLED/DRY GOODS:

- 12 English muffins
- 6 cups old-fashioned oats
- 1/4 cup quick oats
- 1 cup oat flour
- 8 1/2 cups unbleached, all-purpose flour
- 4 cups whole-wheat pastry flour
- 2 1/2 cups whole-wheat flour
- 3/4 cup cornmeal
- 1 cup applesauce
- 1/2 cup canned pumpkin puree
- 2 cups canned light coconut milk
- 2 cups plus 2 tablespoons sugar
- 3/4 cup brown sugar
- 1/4 cup honey
- 1/2 cup canola oil
- 4 1/2 teaspoons active dry yeast (2 packets)
- baking powder
- baking soda

## SEASONINGS:

- cayenne pepper
- cinnamon

## Grocery List *(continued)*

- ginger
- dry mustard
- nutmeg
- onion powder
- paprika
- ground black pepper
- rubbed sage
- salt
- dried thyme
- vanilla extract

## Packaging

- plastic wrap
- waxed paper
- heavy-duty aluminum foil
- gallon-size zip-top freezer bags labeled Cinnamon Apple Oat Cakes (2), Eggs Florentine Casserole (2), Breakfast Sliders (2), Spiced Whole-Grain Waffles (2), Pumpkin Spice Scones (2), Honey Multi-Grain Rolls (2)
- 4-5 plastic freezer jars with lids

## Special Equipment

- two 12-cup muffin tins
- food processor (not necessary but will speed up the process making scones)
- blender
- baking sheets
- bread machine (for making the rolls, optional, but definitely makes it easier)

## Prep List

1. Print online recipes.
2. Thaw spinach and squeeze dry.
3. Form sausage patties, bake, and cool.
4. Zest orange.
5. Chop apples.
6. Shred swiss cheese if not purchased pre-shredded.

## Cooking Plan

Note: One of the tricks to saving time during a large baking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. The steps with an asterisk\* indicate that you will be using the oven. If you are quicker or slower with any of the steps and find that you have an empty oven, skip to the next \* so that you can maximize that energy. Then go back to the step that you finished previously.

1. Prepare both batches of Honey Multi-Grain Rolls. Allow dough to rise which should be about 90 minutes.
2. \* Prepare the Cinnamon Apple Oat Cakes and start them baking.
3. \* Prepare Eggs Florentine Casserole. Wait for oven.
4. Assemble Breakfast Sliders. Wrap, label, and chill before freezing. [BREAKFAST SLIDERS DONE.]
5. Oat cakes should be done, take them out to cool. Once they are cool, wrap, label and freeze. [CINNAMON APPLE OAT CAKES DONE]
6. \* Put Eggs Florentine Casserole in oven to bake. Be sure to set the timer.
7. \* Prepare Pumpkin Spice Scones. Lay out on trays and wait for space in oven if necessary.
8. The dough cycle should be done for the rolls right now. Divide the dough into portions, form rolls, and set to rise for the second time.
9. Make Spiced Whole Grain Waffle Batter. Begin baking waffles. As they are done, lay them on a rack to cool. Once they are all baked and cooled, wrap, label, and freeze. [SPICED WHOLE GRAIN WAFFLES DONE.]
10. Eggs Florentine Casserole should be done. Pull it out to cool on a rack. Once cool, cut into squares, wrap in waxed paper, and chill before freezing. [EGGS FLORENTINE CASSEROLE DONE]
11. Bake the scones.
12. Prepare Coconut Mango Banana Smoothies. Divide into plastic

cups with lids. Freeze  
Immediately. [COCONUT  
MANGO BANANA SMOOTHIES  
DONE]

13. Scones should be done. Lay them on a rack to cool. Once they are cooled, wrap, label, and freeze. [SPICED PUMPKIN SCONES DONE.]
14. Bake the rolls while you clean up the kitchen. Once they are finished baking, cool them on a rack. Once cool, wrap, label, and freeze. [HONEY MULTI-GRAIN ROLLS DONE]
15. Clean up the workspace. Wipe down the counters.

## **Cinnamon Apple Oat Cakes**

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

## **Cinnamon Apple Oat Cakes**

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

## **Eggs Florentine Casserole**

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

## **Eggs Florentine Casserole**

To serve, thaw overnight and reheat in the microwave for 30 seconds or in a 350 oven for about 5 minutes.

Date prepared:

## **Breakfast Sliders**

In the microwave, heat thawed plastic-wrapped sandwiches for 1 to 2 minutes or until heated through. Increase cooking time by 30 seconds to 1 minute for frozen. For oven heating, reheat foil-wrapped sandwiches in a preheated 375 degree oven for 15 minutes for thawed or 25 minutes for frozen.

Date prepared:

## **Breakfast Sliders**

In the microwave, heat thawed plastic-wrapped sandwiches for 1 to 2 minutes or until heated through. Increase cooking time by 30 seconds to 1 minute for frozen. For oven heating, reheat foil-wrapped sandwiches in a preheated 375 degree oven for 15 minutes for thawed or 25 minutes for frozen.

Date prepared:

## **Spiced Whole Grain Waffles**

Reheat frozen waffles (no need to thaw) in the toaster or toaster oven.

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Reheat frozen waffles (no need to thaw) in the toaster or toaster oven.

Date prepared:

## **Pumpkin Spice Scones**

For unbaked scones, preheat the oven to 375 degrees. Bake for 20 minutes, or 25 minutes for frozen (no need to thaw). Cool and serve. Baked scones can also be frozen and then thawed.

Date prepared:

## **Pumpkin Spice Scones**

For unbaked scones, preheat the oven to 375 degrees. Bake for 20 minutes, or 25 minutes for frozen (no need to thaw). Cool and serve. Baked scones can also be frozen and then thawed.

Date prepared:

## **Coconut Mango Banana Smoothie**

Thaw smoothies in the refrigerator for 4 hours, on the counter for about an hour, or microwave them for 20 seconds at 50 percent power. Serve immediately.

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## **Honey Multi-Grain Rolls**

Thaw rolls in their bag at room temperature before reheating in a low oven for about 5 minutes.

Date prepared

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Thaw rolls in their bag at room temperature before reheating in a low oven for about 5 minutes.

Date prepared