

# Breakfasts



## Day One

[Not Too Sweet Granola](#), milk, bananas or other favorite fruit

## Day Two

[Basic Pancakes](#), fresh fruit

## Day Three

Eggs, Toast, Juice

## Day Four

[Oatmeal Bar](#), [Stovetop Hot Cocoa](#)

## Day Five

Breakfast Bar: [Not Too Sweet Granola](#), [Spiced Carrot Bread](#), fresh fruit, yogurt, toast, hard cooked eggs

## Day Six (weekend)

[Oatmeal Waffles](#) with seasonal fruit and [Whipped Cream](#)

## Day Seven (weekend)

Breakfast Sandwiches: Eggs, [Homemade Turkey Sausage](#), English muffins; fresh fruit

## Plan #4: Make-ahead Breakfasts

This week's meal plan is designed to be easy to prepare and inexpensive to purchase, even though it features a little bit of bulk cooking extras to stash away for another day. It's designed to feed 4 people for seven hearty breakfasts.

This plan is very make-ahead. It's ideal if you can spend a couple hours "freezer cooking" at the beginning of the week to make the rest of the week super-duper easy. You'll notice that there are bulk batches of granola, pancakes, and carrot bread. If your people don't devour them this week, freeze it for later. If you want to make extras of the waffles and sausage, go for it. Making a double or triple batch doesn't take that much more time.





## Bulk Cooking for Breakfasts

Typically we don't want to spend a lot of time cooking the morning meal. We're tired, we're likely in a hurry, and we need to get people fed and out the door.

That's why bulk cooking is such a boon to the home cook and the busy family. If you make a big batch of pancakes or carrot bread, you can freeze the extras to enjoy another day.

Investing a couple weekend hours will reap you great meals on the go during the week.

Don't freak out when you see that the Spiced Carrot Bread calls for 5 cups of sugar. It's going to make FOUR LOAVES of bread. Freeze them once they're cooled and wrapped. The night before you serve the breakfast bar, pull out a loaf and leave it on the counter top to thaw. It will make a great breakfast the next morning. And several mornings after that!

### *Prep ahead.*

I've taken some of the concepts behind a large freezer cooking day and applied them to a week's meals at home. You can do a lot of the prep work in advance. Spend an hour or two baking — and reap the rewards all week long.

### *On healthy eating...*

Each family has its own reasons for why they buy certain things: health, budget, taste. I can't predict what everyone will like. Make the tweaks that you prefer for what's on the plan.

For instance, at our house we use unbleached all-purpose flour as well as whole wheat flour and sometimes even designated bread flour. Your price will change based on what you use. You may even grind your own wheat. Go for it! I'm not dictating what kind of flour you *should* use, but I've noted the most economical (generally speaking) option on the grocery list. Feel free to change

Read the notes  
in this meal plan  
**CAREFULLY!**  
There are cheats that  
we've added to get  
the price point  
lower.



this according to your preferences. Just know that your total spent may differ.

### *Keep calm and shop on.*

You can buy these ingredients at any grocery store. Choose what store has the best prices available in your area.

However, all the ingredients (except the quick oats) happen to be available at Trader Joe's, a place that doesn't always have everything one might need in a given week. Feel free to use regular oats in the waffles and call it a day.

**You don't have to shop there**, but know that if that is one of your regular stops, you could get it (almost) all in one place. I love Trader Joe's for its healthier bent and its guarantee against additives, GMOs, and other unnecessary junk. Additionally, Trader Joe's serves as a mid-range price point. Since breakfast tends to be more economical than other meals, the ingredients list should fall well under the \$70 or less price tag at Trader Joe's. You should find comparable pricing elsewhere, particularly if you buy items on sale or shop at a store with regularly lower prices than Joe offers.

### *Your mileage may vary*

That said, we can't guarantee everything. Prices vary from day to day and from location to location, no matter where you shop. But, you should come in close. We've assigned target prices for the most expensive items.

We also assume that you have some basic pantry staples on hand, like salt, pepper, and basic spices. If you are stocking from scratch, your costs may be a little higher.



## This Week's Recipes

You'll need to download or print these recipes to reference this week. It's always a good move to read them all first as well since many recipes serve more than 4 people:

[Not Too Sweet Granola](#)

[Basic Pancakes](#)

[Oatmeal Bar](#)

[Stovetop Hot Cocoa](#)

[Breakfast Bar](#)

[Spiced Carrot Bread](#)

[Oatmeal Waffles](#)

[Whipped Cream](#)

[Homemade Spicy Turkey Sausage with Garlic and Basil](#)

## This Week's Groceries

This is a grocery list for all ingredients needed for the week's breakfasts as well as notes for cutting costs and stretching ingredients.

Read through the list carefully to see what you already have on hand or what you might omit in order to accommodate a family preference or to trim costs further.

### *Dairy/deli section*

- about 7 cups milk
- 29 eggs (2 for pancakes, 8 for bulk batch carrot bread, 8 for eggs and toast, 4 for breakfast bar, 3 for waffles, 4 for egg sandwiches)
- 3 cups buttermilk
- 1 cup whipping cream
- butter, for pancakes and toast

### *Produce*

- 4 cups shredded carrot
- zest of one lemon
- bananas
- seasonal fruit for five meals
- favorite juice
- fresh basil (you only need 1 tablespoon chopped so feel free to use dried basil instead)
- 1 teaspoon crushed garlic

### *Bakery*

- 1 loaf bread for toast (2 days)
- English muffins

### *Canned/dry goods*

- 11 cups unbleached, all-purpose flour
- 5 1/4 cups granulated sugar
- 7 cups old-fashioned rolled oats (5 for granola, 2 for the oatmeal bar)
- 3 1/2 cups oil
- 2 cups whole wheat pastry flour (you can use unbleached, all-purpose flour if you'd rather)
- 2 cups coconut chips
- 1 cup quick oats
- 1 cup wheat germ
- 1 cup wheat bran
- 1 cup flax seed meal
- 1 cup plus 3 tablespoons demerara sugar or other favorite sugar
- 1/4 cup cocoa powder



- toppings for oatmeal, such as cranberries, sunflower seeds, raisins, nuts, brown sugar
- maple syrup for pancakes
- jam for toast

### *Meat department*

A good target to shoot for is 1/4 pound of meat per person per meal.

- one 20-ounce package of ground turkey

### *Regular pantry ingredients*

We are making the assumption that you have some basic ingredients in your pantry and spice cupboard. If you don't have these items on hand, it may bump your price point over the allotted \$70. If you don't have the funds to stock the spice cupboard, see if you can find a store that allows you to buy small amounts at bulk pricing.

- fine sea salt
- baking soda
- baking powder
- vanilla extract
- cinnamon
- nutmeg
- ginger
- cloves
- dried basil
- sweet paprika
- black pepper
- cayenne pepper



## This Week's Prep List

These are tasks you can do in advance to make the rest of the week easier. Please keep in mind that prepped food is generally good for up to 4 days, refrigerated. If you plan to store these items for longer, wrap them well for freezing.

The steps below are in order of how you will need things during this meal plan. So, if you don't have time to do them all, just chip away at the list as needed.

- Bake up the granola. Allow to cool completely before packaging in an airtight container.
- Make the dry pancake mix and store it in a quart-size canning jar, ziptop bag, or plastic container with a lid. Consider making more than one batch of mix and storing them in the pantry or freezer. Alternatively, you can mix up the entire pancake recipe and bake the pancakes in advance. Once they are cool, wrap short stacks with plastic wrap and freeze them in a large ziptop bag.
- Bake the Spice Carrot Bread. This makes 4 loaves. Cool them completely on a rack before wrapping with plastic wrap. You should be able to fit 2 loaves into a gallon-size ziptop bag to offer extra insulation for freezing.
- Hardcook the eggs and store them in the fridge. They should be good for about five days refrigerated.
- Make the dry waffle mix and store it in a quart-size canning jar, ziptop bag, or plastic container with a lid. Consider making more than one batch of mix and storing them in the pantry or freezer. Alternatively, you can mix up the entire waffle recipe and bake the waffles in advance. Once they are cool, wrap them with plastic wrap and freeze them in a large ziptop bag.
- Prepare the sausage patties and bake them according to the recipe instructions. Once cooled, you can store them in a ziptop freezer bag in the freezer. To reheat, thaw completely in the refrigerator overnight and warm in a skillet until hot through.

## Other things you should note:

### **Day One:**

Rise and shine! Start the week off with ease by serving homemade granola with milk and fresh fruit. Easy peasy. Store leftover granola in the freezer to preserve freshness. You'll want to serve it for Day Five's Breakfast Bar.

### **Day Two:**

Pancakes come together super quickly when you use a custom-made mix. Stir up the batter and fry these up quickly. A large electric griddle can make easy work of it. Serve with butter, syrup, and fresh fruit.

### **Day Three:**

It's time for eggs, toast, and juice. Choose one type of egg to make: scrambled, fried, etc. You don't have time to be a short order cook. Make half the loaf of bread into toast, butter, and keep warm in the oven until the eggs are ready.

### **Day Four:**

An oatmeal bar is a hearty way to start the morning. Cook up the oatmeal quickly on the stove alongside the hot cocoa. Lay out a variety of toppings and you're good to go.

### **Day Five:**

Take it easy today. Lay out granola, carrot bread, yogurt, hard cooked eggs, fruit, and bread for toasting. Let everyone serve himself.

### **Day Six:**

Enjoy the weekend with waffles and fresh fruit. Mix up and bake the waffles if you haven't already. If you've got thawed waffles, toast them in the toaster or a warm oven. Whip the cream and serve with fresh fruit.

### **Day Seven:**

Breakfast sandwiches are another easy weekend meal. Scramble some eggs, heat the sausage, and toast the English muffins. Assemble the sandwiches and serve them alongside fresh fruit.