

# Yummy Breakfasts Meal Plan

20+ meals serving 4 people

This meal plan covers a variety of breakfasts for a family of four. Supplement with fresh fruit and yogurt, this could easily last the entire month.

[Buttered Maple French Toast Casserole](#), 3 batches

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

[Spicy Turkey Egg Bake](#), 2 batches

Steel-Cut Oats, 2 batches (10 hefty servings) – recipe follows

[Ham and Gruyere Quiche](#), 2 quiche

[Lemon Drop Scones](#), 2 batches

[Maple Vanilla Almond Granola](#), 1 batch

[Basic Pancakes](#), 2 batches mix

[Homemade Waffles](#), 2 batches (baked)

## Notes

- The pancakes and waffles can both be made as mixes or both baked and frozen. We've done one of each in this plan to divide the labor before and after freezing. Feel free to bake them both or make mixes for both depending on your preferences.
- You can bake the egg bake in four 8-inch pans instead of two 9x13-inch pans if you prefer.

# Steel-Cut Oats for the Freezer

(Double batch, makes 10 hefty servings)

This recipe makes oats that are very thick. If you like thinner-style oats, use more water.

## Ingredients:

4 cups water

½ teaspoon salt

2 cups steel cut oats

## Instructions:

1. Heat water and salt in a saucepan until bubbly. Whisk in the oats. Cook, covered for five minutes, stirring occasionally. Remove from heat and let stand five minutes, covered.
2. Divide into ten pint-sized jars or plastic containers with lids. Cool uncovered until room temperature. Chill until cold.
3. Freeze (uncovered if in glass and adds lids loosely later).
4. To serve, thaw overnight in the fridge. Microwave with a bit of milk or cream. Add desired toppings and serve.

# Grocery List

## FRESH PRODUCE:

- 4 medium apples, peeled, cored, and finely chopped, about 2 cups
- 1 cup chopped onion
- 1 leek, sliced
- 2 lemons for zest and juice (freeze extra juice and zest for later use in the scone glaze)

## DAIRY:

- about 3 cups (6 sticks) butter
- 39 eggs
- 6 cups milk
- 2 cups heavy cream
- 2 cups half and half
- 4 cups buttermilk
- 1 cup plain yogurt
- 2 cup shredded pepper jack cheese
- 2 cups shredded Gruyere cheese

## MEAT & POULTRY:

- 2 pounds ground turkey (you can use sausage or beef, if you prefer)
- 1 cup chopped ham

## CANNED/BOTTLED/DRY GOODS:

- 3 loaves ciabatta bread, sliced into 1 1/2-inch slices
- about 1 cup maple syrup, plus more for serving
- about 11 1/2 cups unbleached, all-purpose flour
- 6 cups whole wheat pastry flour
- 11 cups old-fashioned oats (do not use quick oats)
- 2 cups steel cut oats
- 1 cup wheat germ
- 1 cup oat bran
- 1 cup plus 6 tablespoons sugar (I used demerara sugar)
- 1 cup brown sugar
- about 6 tablespoons baking powder
- 4 teaspoons baking soda
- 1 cup applesauce
- 3 cups canola or vegetable oil
- 4 tablespoons chopped green chiles
- 1 cup dry-roasted, unsalted almonds

## SEASONINGS & EXTRACTS:

- fine sea salt
- salt
- ground black pepper
- cinnamon
- nutmeg
- taco seasoning (get a recipe [here](#))
- vanilla extract

## INGREDIENTS FOR SERVING:

- heavy cream, whipped or plain (for oat cakes)
- sour cream, Greek yogurt, and [salsa](#), for serving (for turkey bake)
- 1 cup powdered sugar (for scone glaze)
- 6 2/3 cups milk (for pancakes)
- 4 eggs (for pancakes)
- 2/3 cup oil (for pancakes)
- melted butter (for cooking pancakes)
- desired toppings for steel cut oatmeal

## Packaging

- five 9x13 baking pans with lids or wrap
- gallon-size zip-top freezer bags labeled Cinnamon Apple Oat

Cakes (2), Waffles (2), Lemon Drop Scones (2), Granola (2), Quiche (2)

- quart size jars or freezer bags for pancake mix
- pint size jars or plastic containers with lids for oats
- aluminum foil

## Special Equipment

- two 12-cup muffin tins
- two pie plates
- food processor (not necessary but will speed up the process of making the scones)
- waffle maker
- baking sheets
- parchment paper
- muffin papers

## Prep List

All can be done the night before except for chopping the apples.

1. Print online recipes.
2. Make pie crust.
3. Cook turkey meat.
4. Saute the leeks for the quiche.
5. Chop ham if not purchased chopped.
6. Shred cheese if not purchased shredded.
7. Zest lemon.
8. Chop apples.

## Cooking Plan

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 the Cinnamon Apple Oat Cakes and start them baking. This will take 25

- minutes.
2. Start the steel cut oats on the stovetop.
3. Prepare the French Toast Casseroles. Wrap, label, and freeze. [FRENCH TOAST CASSEROLES DONE]
4. The oats should be done cooking. Divide the oatmeal into jars and allow them to cool to room temperature.
5. Prepare the scones and lay them on trays to “flash freeze” in the freezer. Once they are firm to the touch, place them quickly in the labeled bags and return them to the freezer. [LEMON DROP SCONES DONE]
6. The oat cakes should be done, take them out to cool on a rack. Once they are cool, wrap, label and freeze. [OAT CAKES DONE]
7. \*Prepare the Granola and get that baking in the oven.
8. Assemble the Spicy Turkey Egg Bake. Wrap, label, and freeze. [EGG BAKE DONE]
9. Prepare the pancake mixes. Wrap, label, and freeze. [PANCAKE MIXES DONE]
10. Prepare the waffle batter. Start baking the waffles in the waffle maker. Cool them on a rack. Once they are cool, wrap, label, and freeze. [WAFFLES DONE]
11. Assemble the Ham and

Cheese Quiche. Wrap, label, and freeze. [HAM AND GRUYERE QUICHE DONE]

12. The granola should be done. Allow it to cool completely before bagging it for storage. You will probably need to use two bags to store it. It makes

a big batch. [GRANOLA DONE]

13. Cover the cooled oatmeal and chill the containers in the fridge before freezing. [STEEL-CUT OATS DONE.]
14. Clean up the workspace. Wipe down the counters.

## Buttered Maple French Toast Casserole

Thaw in the refrigerator before baking. Bake at 350 degrees until crisp and golden, about 20-25 minutes. Serve hot with maple syrup.

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## Cinnamon Apple Oat Cakes

Thaw in the refrigerator overnight and reheat in the microwave or hot oven. May also be microwaved from frozen.

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## Spicy Turkey Egg Bake

Thaw overnight in the refrigerator. Bake at 400 degrees for 25 minutes or until puffy and browned in spots.

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## Ham and Gruyere Quiche

May be baked from frozen. If frozen, bake at 350 degrees until set and golden, about 35 - 50 minutes.

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Date Prepared:

## Lemon Drop Scones

If unbaked, place frozen scones on baking sheet and bake at 350 degrees until golden and baked through, about 20-30 minutes. Cool and then glaze. If baked, thaw and then glaze.

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## Maple Vanilla Granola

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## Pancake Mix

To prepare pancake batter, add 3 1/3 cups milk, 2 eggs, and 1/3 cup oil to pancake mix. Stir until smooth. Cook on greased griddle.

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## Waffles

Reheat in microwave oven, oven, or toaster oven.

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