

SUMMER BREAKFAST MEAL PLAN

HEALTHY MEAL PLAN MENU

OPTION 1

OPTION 2

OPTION 3

MONDAY - OATS

Peachy Blinders
Overnight Oats *by Hurry
the Food Up*

Banana Nut Instant
Oatmeal Packet

Peanut Butter Banana
Baked Oatmeal Cups *by
FitFoodieFinds*

TUE - BREAKFAST BOXES

Coconut Fruit and
Granola

Smoked Salmon Plate

Lunch for Breakfast

WED - SMOOTHIES

Tropical Green
Smoothie

PB & J Protein Smoothie

Coconut Latte Smoothie

THU - YOGURT

Triple Berry
Oat Yogurt Cups

Banana Split Parfait

Strawberry Granola
Parfait

FRI - EGGS

Simple Baked Ham and
Egg Cups

Freezer Breakfast
Burritos

Breakfast Stuffed Potato
Skins

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