

# 5 Fast Breakfast Ideas

## Shopping List

### Grilled Pepper & Tomato Frittata

- Red Cherry or Grape Tomatoes
- Orange Bell Pepper
- Red Bell Pepper
- Eggs
- Arugula
- Feta Cheese
- Half & Half Cream
- Olive Oil
- Salt & Pepper

### Tex Mex Egg White Bites

- Red Bell Peppers
- Egg Whites
- Garlic Puree
- Avocado Oil
- Mushrooms
- Red Onion
- Black Beans
- Balsamic Vinegar
- Quinoa
- Nacho Or Fajita Seasoning
- Shredded Cheese

### Sweet & Savory Pepper Pancakes

- Bell Pepper
- Wheat Flour
- Apple
- Milk
- Maple Syrup
- Eggs
- Baking Powder

### Breakfast Sandwich

- Beefsteak Tomato
- Wholegrain English Muffins
- Smoked Ham
- Eggs
- Avocado
- Lime
- Sour Cream
- Vegetable Oil
- Salt & Pepper

### Hydrating Cucumber Mango Smoothie

- Long English Cucumber
- Mango
- Coconut Water
- Ice
- Honey
- Lime

