

WEEK 1

BREAKFAST

BREAKFAST BOWLS

I've bought reusable, microwavable, dishwasher safe prep bowls for eeeverything! (Curious what kind? Check out my Instagram @jbrazéal!)

I premake my own breakfasts and usually the kids, too. You decide if you want to just make yours and give the kids something simple (hello, cereal!) or if you want them eating what you're eating.

If I haven't made a breakfast bowl, we're chowing down on a casserole the whole week and just warming it up.

MEXICAN SCRAMBLE *with oats*

On Monday morning, make a big (BIG) batch of scrambled eggs.

Set out 4 bowls and divide up all these ingredients evenly:

- scrambled eggs
- ½ c chopped fresh spinach
- chunk of cotija cheese
- ¼ c black beans
- garnish with cilantro, red onion + salsa if you'd like.

For the kids - I save the rest of the scrambled eggs and warm them up daily with a little cheese blend for the boys and usually make us all a fresh bowl of oatmeal to go along with it all.

MOM'S OATMEAL

Mix these ingredients together:

- ½ c oats
- ½ c hot water
- nuts
- 1 T heavy cream

Easy to pull containers out and warm up!

