

# Simple Weekly Breakfast Plan

*A simple way to keep mornings calm and manageable*

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## Self-Serve Breakfast Options

Keep a few simple items on hand each week:

- Yogurt
  - Granola
  - Eggs
  - Toast
  - Oatmeal
  - Breakfast meat
  - Other: \_\_\_\_\_
  - Other: \_\_\_\_\_
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## Weekly Breakfast Plan

Choose 1–2 “big breakfast” items to prepare this week:

- Pancakes or waffles
  - Sausage gravy
  - Dutch baby
  - Breakfast burritos
  - Smoothies
  - Fruit Cobbler
  - Other: \_\_\_\_\_
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## Prep Plan

When will I prepare breakfast items?

- Early in the week
- Midweek
- Weekend

Notes:

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## Leftovers Plan

How will I store and reuse extras?

- Refrigerate for quick use
- Freeze for later
- Portion for easy grab-and-go

Notes:

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Keep it simple.

A few easy options and one or two prepared items are enough to make mornings run smoothly.

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## My Go-To Breakfasts

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### Family Favorites

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### Easy Wins (Fast, No Prep)

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### Prep-Ahead Options

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