

Breakfast

Breakfast can be made in batches or from a lot of easy components. Here are some ideas to get a healthy breakfast quickly and with very little cleanup.

Steel-cut oats can be soaked the night before so they are ready to heat up the following morning. Then just add what you like. You can soak enough for 3 days without worrying about spoiling. Remember that a serving of oats with a cup of milk will have 10 or more grams of protein. Add some nuts to increase the protein even more.

Eggs: You can boil a week's worth. Peel them and they will be a good source of protein.

Using a muffin tin you can make 12 mini frittatas in the oven. You will need to mix:

10 eggs

½ cup of milk (non-dairy is fine)

2 cups of filling (I recommend leftovers or herbs and vegetables)

Grease pan and put in an oven preheated to 350 for 20 to 25 minutes.

If your fillings have a lot of liquid or moist ingredients, like tomatoes, it will take a little longer. Leave enough out for three days and freeze the rest.

Yogurt is a great breakfast: add some fruit and nuts. Just mix it in the cup/bowl you are going to eat it out of and enjoy; very little cleanup.

Toast is a great edible plate. Try avocado toast. Or top with peanut butter with blueberries and banana. Bagels work also. There is even this bagel if you are wanting to lower your carb intake

Potatoes take more prep. You can cube them and roast them. Portion them out in 1-cup servings. The possibilities are endless with potatoes