EASY HIGH PROTEIN RECIPES

5-DAY BREAKFAST MEAL PREP PLANNER

Simple Sunday prep, quick weekday mornings.

YOUR WEEK AT A GLANCE

MON	Overnight oats + berries	**Grab cold**
TUE	Freezer breakfast burrito	**Heat thoroughly**
WED	Greek yogurt + fruit + granola	**Add crunch at serving**
THU	Egg bites + fruit	**Heat thoroughly**
FRI	Freezer pancake stack + yogurt	**Heat, then add toppings**

SUNDAY PREP CHECKLIST

- [ ] Choose 2 fridge breakfasts + 1 freezer option
- [ ] Wash and dry fruit; portion toppings
- [ ] Make jars; label with prep date
- [ ] Freeze burritos/pancakes individually

- [ ] Chill perishables promptly (within 2 hours)
- [ ] Keep fridge at 40°F or below
- [ ] Use cooked leftovers within 3–4 days
- [ ] Reheat cooked leftovers to 165°F

GROCERY CHECKLIST

- [ ] Rolled oats / granola
- [ ] Greek yogurt / milk
- [ ] Eggs / cottage cheese
- [ ] Whole-wheat tortillas
- [ ] Frozen berries / fresh fruit
- [ ] Spinach / breakfast vegetables
- [ ] Cheese / nut butter
- [ ] Chia seeds / cinnamon
- [ ] Extra freezer bags

MORNING NOTES / SWAPS

Tip: Yogurt/fruit jars are not the same as a tested full recipe. Follow package labels and use chilled ingredients.