

5-Day Breakfast For Dinner

Vegetarian Meal Plan



MONDAY

Fluffy Soufflé Omelet
Serves 1

TUESDAY

Vegan Breakfast Tacos
Serves 6

WEDNESDAY

Breakfast Skillet
Serves 4

THURSDAY

Southern Eggs Benedict
Serves 4

FRIDAY

Goat Cheese & Leek Quiche
Serves 6

PRODUCE	COLD	PANTRY
<input type="checkbox"/> King Oyster Mushrooms (4) <input type="checkbox"/> Sweet Potato (1) <input type="checkbox"/> Red Onion (1) <input type="checkbox"/> Red Bell Pepper (1) <input type="checkbox"/> Medium leeks (2) <input type="checkbox"/> Radishes (1 bunch) <input type="checkbox"/> Garlic (5 cloves) <input type="checkbox"/> Avocado (1) <input type="checkbox"/> Cherry Tomatoes (1 cup) <input type="checkbox"/> Oranges (4)* <input type="checkbox"/> Spinach (1 cup) <input type="checkbox"/> Parsley (1 bunch) <input type="checkbox"/> Chives	<input type="checkbox"/> Large eggs (14 whole + 2 yolks) <input type="checkbox"/> Cheddar Cheese (¼ cup) <input type="checkbox"/> Goat Cheese (2 oz) <input type="checkbox"/> Unsalted Butter (½ cup) <input type="checkbox"/> Firm Silken Tofu (1 package) <input type="checkbox"/> Plain Hummus (2 Tbsp) <input type="checkbox"/> Lime Juice <input type="checkbox"/> Lemon Juice <input type="checkbox"/> Dairy-Free Yogurt <input type="checkbox"/> 9-inch Pie Shell (1, frozen) <input type="checkbox"/> Half and Half (½ cup) <input type="checkbox"/> Pillsbury Orange Cinnamon Rolls (1 package, 8 count)*	<input type="checkbox"/> Chickpeas (1 can) <input type="checkbox"/> Tamari (1 Tbsp, sub. Soy sauce) <input type="checkbox"/> Sriracha (2 tsp) <input type="checkbox"/> Maple Syrup (1 tsp) <input type="checkbox"/> BBQ Sauce (½ cup) <input type="checkbox"/> Vegetable Broth (1 cup) <input type="checkbox"/> Quinoa (½ cup, uncooked) <input type="checkbox"/> Flour or Corn Tortillas (6, medium) <input type="checkbox"/> Nutritional Yeast (¼ cup) <input type="checkbox"/> Buns (2, <i>English muffins, biscuits, or sandwich buns</i>) <input type="checkbox"/> White Vinegar (¼ cup)
		SPICES <input type="checkbox"/> Salt <input type="checkbox"/> Smoked Paprika <input type="checkbox"/> Cayenne Pepper <input type="checkbox"/> Turmeric

YOU PROBABLY ALREADY HAVE
Olive Oil, Butter

*Ingredients for the bonus snack recipe