

# MEAL PLANNING

## BREAKFAST LUNCH | DINNER



### Breakfast Egg Muffins

Mix 8 eggs, 1 cup milk, 8 oz of meat (breakfast sausage, bacon),  
1 tsp. salt, 1 tsp. pepper, ¼ tsp. dry mustard and paprika,  
1 cup shredded cheese, ¼ cup diced onions, 2 cups of cut up bread.

Place in muffin tin (12 muffins), bake for 25 minutes at 350 degrees.

Credit: <https://iwashyoudry.com/sausage-egg-and-cheese-breakfast-casserole-muffins/>



### Pizza Toast

Spread pizza sauce or marinara sauce on bread of choice,  
sprinkle mozzarella cheese, pepperoni or toppings of choice,  
1 tsp. oregano, 1 tsp. parmesan cheese.

Place in the oven at 375 degrees until cheese has melted.  
(can substitute mushroom caps for bread for a low carb option).

Credit: <https://simply-delicious-food.com/easy-pizza-toast/>



### Oven Baked Chicken Parmesan

Combine ½ tsp. garlic powder, 1 tsp. oregano, 2 tbsp. parsley,  
½ cup parmesan cheese, 1 cup bread crumbs, ½ tsp. pepper, 1 tsp. salt.

Dip chicken breasts in egg, then dip in the dry mixture.

Place on greased oven sheet. Cover in marinara sauce and mozzarella cheese.

Bake at 400 degrees for 20 minutes or until chicken is cooked through.

Credit: <https://www.foxandbriar.com/baked-chicken-parmesan-recipe/>