



Eggs & Oats Meal Prep Plan

Breakfast Egg Mini Muffins

- 6 large whole eggs
- 1/2 cup grated parmesan cheese
- 1 cup finely chopped mushrooms
- 1 tsp. garlic powder
- 1/2 tsp. dried thyme
- 2 tbsp. milk

Overnight Raisin Oatmeal

- 1 1/2 cup old fashion oats
 - 3/4 cup raisins
 - 3 tbsp. or coconut sugar
 - 3 tsp. pure vanilla extract
 - 3 cups milk
1. Preheat oven to 400 F.
 2. Crack eggs into a medium mixing bowl.
 3. Add in all other ingredients and whisk well to combine.
 4. Pour into an oiled mini muffin tin or un-oiled silicon mini muffin pan placed on a cookie sheet for stability, and bake for 25-30 minutes.
 5. While the mini muffins bake, place your jars on your work surface without their lids.
 6. To each jar, add 1/2 a cup oats and 1 tbsp. coconut sugar.
 7. To TWO of the jars, add 1 tsp. vanilla extract and 1 cup milk (dairy or non-dairy).
 8. Close lids on ALL jars and store in the fridge. You can add the vanilla and milk to the third jar on Thursday night.
 9. Just before eating, add raisins if desired.
 10. When the muffins are finished, remove them from oven and allow them to cool until you can handle them with bare hands.

Eggs & Oats Meal Prep Plan

11. You will have six mini muffins for each meal. Portion the muffins into your meal prep containers along with some cut apples or berries and nuts or nut butter to round out the meal.
12. Any remaining muffins should be placed in a freezer-safe container and frozen for up to three months for future breakfasts.
13. To thaw, simply place them in the fridge overnight or warm them in the microwave in 20 second intervals.

Shopping List

- Old fashion oats
- Raisins
- Coconut sugar
- Real vanilla extract
- Large eggs (6)
- Grated parmesan cheese
- Mushrooms
- Garlic powder
- Dried thyme
- Oil