

Monthly Meal Planner

Breakfast Edition

Week:

Fresh Grocery List:

1

Scrambled eggs & veggies

Chopped fruit

Fruit smoothie

Avocado fried egg

Potato avocado "toast"

fruit, 4 avocados, potatoes, chives,

estimated cost: **\$5**

2

Scrambled eggs & veggies

Chopped fruit

Raspberry lemonad fruit smoothie

Avocado fried egg

Breakfast bake

fruit, 2 avocados, spinach, potatoes, 1/2 onion,
2 lemons,

estimated cost: **\$5**

3

Scrambled eggs & veggies

Chopped fruit

Orange pineapple fruit smoothie

Avocado fried egg

Whole30 breakfast burrito

fruit, 3 avocados, banana, pineapple, pure
orange juice,

estimated cost: **\$7**

4

Scrambled eggs & veggies

Chopped fruit

Peach coconut fruit smoothie

Avocado fried egg

Breakfast sausage & veggie bake

fruit, 2 avocados, onion, peppers, potatoes, 2
peaches, lemon,

estimated cost: **\$6**

5

estimated cost:

Breakfast

Lunch

(see additional dinner & lunch meal plan)