

Breakfast Meal Plans

Points are for WW Blue Plan

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1. Breakfast Quesadillas (1 spinach-herb Xtreme Wellness tortilla – 1 point, 2 eggs – 0 points, 5-10 spinach leaves, torn – 0 points, 1 triangle Laughing Cow cheese – 1 point, 3 slices Al Fresco Chicken Bacon – 1 point) **Total – 4 points**
2. Breakfast Sandwich (1 slice light bread – 1 point, 3 slices Al Fresco Chicken Bacon – 1 point, 5-10 spinach leaves, torn – 0 points, 1-ounce grated Cabot 75% reduced fat sharp cheddar cheese – 1 point, 2 eggs fried with butter flavored Pam – 0 points) **Total – 3 points**
3. Poached eggs on toast (2 eggs – 0 points, 1 slice light bread – 1 point, 1-ounce grated Cabot 75% reduced fat sharp cheddar cheese – 1 point, 5-10 spinach leaves, torn – 0 points) **Total – 2 points**
4. Fried eggs with Grits (eggs, fried with butter-flavored Pam – 0 points, 2/3 cup grits – 3 points, 3 slices chicken bacon – 1 point, 1 slice light toast – 1 point) **Total – 5 points**
5. Bagel Thin with cream cheese and jam (Thomas' Plain Bagel Thin – 3 points, Philadelphia Reduced Fat Cream Cheese – 3 points, Smucker's Simply 100% Fruit Spreadable Fruit – 2 points) **Total – 8 points**
6. Frittata <https://livingrealwithcarol.com/2020/08/10/a-quick-3-point-meal-breakfast-lunch-or-dinner/> (3 eggs – 0 points, 1 Tablespoon finely chopped onion – 0 points, Chopped tomatoes – 0 points, 5-10 spinach leaves, torn – 0 points, 1 triangle Laughing Cow cheese, crumbled – 1 point, 1 ounce Cabot 75% Reduced Fat cheese, grated – 1 ounce) **Total – 2 points**
7. Pancakes with bacon and sugar-free syrup (3 slices Al Fresco Chicken Bacon – 1 point, 3 Tablespoons Mrs. Butterworth's sugar-free syrup – 0 point, 1/3 cup Birch Benders Keto Pancake & Waffle Mix mixed with ¼ cup water – 5 points) **Total – 6 points**
8. Baked Cheesy Biscuits With Eggs (<https://livingrealwithcarol.com/2020/09/30/a-better-cheesy-biscuit-with-egg/>) **Total – 3 points** plus whatever toppings are added
9. Chocolate Muffin <https://livingrealwithcarol.com/2020/08/08/a-tasty-chocolate-muffin-3-points/> with Bacon
10. Pumpkin Muffin <https://livingrealwithcarol.com/2020/08/06/recipe-pumpkin-muffins-3-points-each/>