

WEEKLY BREAKFAST MENU

MONDAY

veggie oatmeal

TUESDAY

buckwheat pancakes

(pumpkin, sweet potato, apple, etc)

WEDNESDAY

veggie oatmeal

THURSDAY

eggs with veggies, avocado, toast, fermented kraut

(gf and sourdough)

FRIDAY

dutch pancakes with stewed fruit

(berries, apples, pears, etc.)

SATURDAY

open menu

(French toast, waffles etc...)

SUNDAY

champion's breakfast

This is our family tradition where we all make our own food to contribute to the family breakfast.

MORNING RHYTHM - SCHOOL DAYS



BEFORE 6:15 AM
stay in your room



BETWEEN 6:15 & 7:25 AM

brush teeth on own
make bed
eat breakfast
take vitamins/supplements
clean dishes and put away dirty linens
get dressed
floss
brush teeth
brush hair
bring backpack to front door
put shoes on outside



7:25 - 7:30 AM

last time to double check you did everything on your list



7:30 AM
ready in the car!!!