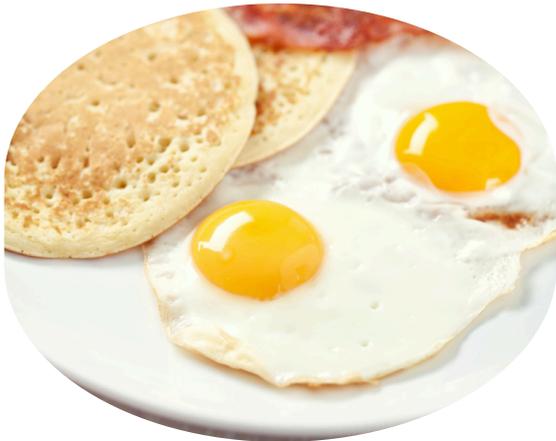


BREAKFAST MEAL PREP- EGGS CUPS AND PROTEIN PANCAKES



DIRECTIONS

1. Preheat oven to 425 degrees
2. Spray muffin tin, then place desired amount of veggies and sausage in each cup.
3. In a bowl, whip together ALL the eggs, salt and pepper. Then pour this mix into each cup just enough to cover the veggies/sausage. Then place in the oven for 15-20 minutes.
4. While the cups are cooking, whip together the protein pancakes following the directions on the package.
5. Cut up desired fruit and place in containers or bags!
6. Your breakfast is prepped and your mornings have just gotten easier!

INGREDIENTS

- 10-12 eggs
- Any veggies you choose
- 2 chicken sausage links OR 2 strips of bacon (cooked)
- 1-2 cups of protein pancake mix
- Water
- Salt
- Pepper

notes
