



## Weeknight Breakfast for Dinner Ideas

- Black Bean Breakfast Enchiladas
- Blender Sweet Potato Waffles
- Fluffy Lemon Ricotta Pancakes
- Spinach and Goat Cheese Quiche
- Sweet Potato Spinach Frittata

### Produce

- onion (1/2)
- green onions (garnish)
- cherry tomatoes (garnish)
- avocado (garnish)
- sweet potato (1 C) (1)
- lemon zest (1 t)
- strawberries (for serving)
- baby spinach (2 large handfuls) (handful)

### Herbs

- basil (optional garnish)

### Spices

- cumin (1 t)
- garlic powder (1 t)
- ground nutmeg (1/8 t)

### Dairy & Eggs

- eggs (8)(2)(4)(4)(4)
- butter (1 T) (1 T) (2 T)
- grated cheese (1 C)
- milk (1 C- regular/almond/cashew) (2/3 C)
- fresh ricotta (1 C)
- unsalted butter (7 T)
- half and half (1 C)
- goat cheese (1/4 C)

### Meat

- sliced deli ham (handful)

### Bread & Tortillas

- 6" flour tortillas (8)

### Pantry Items

- olive oil (1 T) (1 T)
- diced tomatoes (14 oz can)
- black beans (14 oz can)
- flour (1/2 t, if needed) (1 1/4 C) (1 1/4 C)
- enchilada sauce (1 C)
- rolled oats (1 C)
- baking powder (1/4 t) (2 t)
- sugar (4 t)
- vanilla (1 t)
- maple syrup (for serving)