

## monday

### green shakshuka w/ avocado + lime

#### gather your ingredients

- 3 tbsp olive oil
- 1 yellow onion (peeled + chopped)
- 2 garlic cloves (thinly sliced)
- 1½ lb. swiss chard or dino kale stems (chopped)
- ½ tsp kosher salt (plus more as needed)
- ⅓ cup heavy cream
- 4 large eggs
- ¼ tsp freshly ground pepper (plus more as needed)
- 3 oz (~¾ cup) crumbled feta
- 1 small jalapeño (thinly sliced, for serving)
- chopped cilantro (for serving)
- hot sauce (for serving)
- sourdough bread (toasted, for serving)
- 1 lime (cut into wedges, for serving)

#### let's get cooking

1. heat oil in a large cast-iron skillet over medium-low heat. add onion and cook until softening (5 mins). add the garlic and cook until fragrant, (~ 3-5 mins).
  2. raise the heat to medium-high, add the kale or chard in batches, adding more as they wilt, and continue cooking, stirring occasionally, until completely wilted (5-8 mins). season with ½ tsp salt, pour in the cream and stir loosely together.
  3. make four small hollows in the cooked chard with the back of a spoon. gently crack an egg into each hollow. cover with a lid or foil and cook on medium-low until the eggs are just set, but still soft (~7 to 9 mins). remove the lid, sprinkle with salt, pepper, feta, avocado, jalapeño and cilantro. serve with hot sauce, toasted sourdough bread, and lime wedges.
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## tuesday

### tropical chia pudding

#### gather your ingredients

- 1 cup grass-fed greek yogurt (regular works too but the stonyfield farms one is amazing)
- 1 cup milk (any kind! we did ripple almond milk)
- 1/3 cup chia seeds
- 1 tsp vanilla extract
- 1-2 tbsp maple syrup (to taste)
- generous dash cinnamon
- pink of pink salt
- sprinkle of hemp seeds
- fruit + nuts to top (we did mango, strawberries, sliced almonds + coconut flakes)

#### let's get cooking

1. whisk together the yogurt, milk, chia seeds, vanilla extract, maple syrup, cinnamon, and salt until well-blended. set in fridge for 10 mins.
  2. slice fruit you're using
  3. whisk mixture again and set back in fridge for 10-20 more mins, until well-set (can take up to an hour)
  4. top with your toppings of choice and enjoy!
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## wednesday

### the best new mexican breakfast burrito

#### gather your ingredients

- 1-2 tbsp olive oil
- kosher salt + freshly ground black pepper to taste
- 4-6 eggs
- 2-3 large tortillas (1 per burrito)
- ¼ to ½ cup shredded cheese (personal preference)
- 2 potatoes (diced)
- 1-2 jars of green or red new mexican chile (you won't need it all)

#### let's get cooking

1. preheat oven to 425° F
  2. boil water in a small/medium pot over high. once boiling, add diced potatoes. cook for 5-10 mins, until softened but not falling apart.
  3. drain well and toss potatoes in olive oil, salt and pepper. spread on a baking sheet and bake for 30 mins, turning once mid-way through.
  4. when there are about 10 mins left on the potatoes, gently whisk the eggs together (but not too much! the first key to creamy, fluffy eggs is to not to break up the whites)
  5. set a pan on medium-low and add a smidge of olive oil or butter if needed (our pans are a non-toxic, non-stick kind so we don't). add eggs, top with salt and pepper plus cheese. cook low and slow, pushing them just once or twice and flipping over (the second key to fully eggs is to touch them as little as possible).
  6. check on potatoes, if they are done turn the oven off and keep potatoes inside until you're ready to use. add tortillas to the oven to warm.
  7. heat chile in the microwave or on the stove
  8. assemble! do i need to explain how to make a burrito? just in case: lay your tortilla flat on a plate, then add eggs and potatoes. do not overfill! gently roll it up and flip over, then pour chile over top. add more cheese and broil for a few mins if you'd like (i didn't, joe did).
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## thursday

### strawberry protein pancakes

#### gather your ingredients

- 1¼ cup greek yogurt (you can use the same as for the chia pudding or if you're feeling crazy, use 2 individual strawberry-flavored chobanis)
- 1 cup gluten-free flour (regular flour would work too!)
- 2 tsp vanilla extract
- 2 tsp baking powder
- 2 eggs
- generous dash of cinnamon
- 1 tsp butter (+ more for serving if desired)
- maple syrup (to taste)
- 1 cup strawberries (sliced)

#### let's get cooking

1. preheat oven to 250° F.
  2. whisk together the yogurt, flour, vanilla extract, baking powder, eggs, and cinnamon.
  3. heat 1 tsp butter over medium-high in a frying pan. when butter is starting to melt, spread using a spatula and pour batter into two small disks (2 should fit in the pan at a time with space).
  4. let cook until upper side of the pancakes starts to bubble (1-2 mins). flip over and let cook on the other side another 1-2 mins or until both sides are golden brown.
  5. as each batch of pancakes finishes, put them in the oven on a baking sheet to stay warm.
  6. when batter is gone and pancakes are ready, top with strawberries, maple syrup, and butter if desired.
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## friday

### the bear omelet

#### gather your ingredients (for 2 omelets)

- kosher salt to taste
- 2 tbsp butter (divided)
- 6 eggs (divided)
- 2-3 tbsp boursin
- 1 handful sour cream & onion ruffles
- finely chopped chives (for garnish)

#### let's get cooking

1. briskly whisk eggs (3 per omelet) and add a sprinkle of salt. if you're feeling extra, you can strain them through a fine mesh sieve like our girl sydney but if you're not a trained chef it's totes fine to skip that.
  2. then, heat a 10-inch \*nonstick\* skillet—v important—over medium-high and toss in a tbsp of butter. let that melt and just before it starts to bubble, pour in the eggs.
  3. using a rubbery heat-resistant spatula, swirl them into a scramble, intermittently shaking the pan back and forth to ensure that the eggs don't stick to the bottom or brown.
  4. let cook 2-3 minutes until eggs have started to set but not too much. in the show, sydney uses a piping bag to deliver her boursin to the eggs but you can also just do a few generous dollops using a spoon and no one will ever know. whatever method you choose, add it to the center of the omelet.
  5. okay now the intimidating part: the fold! i watched so many youtube videos before trying and will link the best one below. use your spatula to gently roll the right edge over itself. then do that one more time from the right. finally fold, the remaining flat piece over from the left to seal.  
*\*tip\* just watch [this youtube](#) it's so much easier to understand.*
  6. flip onto a plate, top with crunched ruffles and finely chopped chives.
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## **groceries**

### **pantry staples**

hopefully, you have some of these already so do a quick check before you shop. here's what you'll need this week:

- kosher salt + black pepper
- butter
- olive oil
- gluten-free flour (regular flour works too!)
- vanilla extract
- baking powder
- cinnamon
- maple syrup
- chia seeds
- hemp seeds
- hot sauce

### **from the store (organized by section)**

- lime (1)
- yellow onion (1)
- garlic
- potatoes (2)
- chives
- jalapeño (1)
- cilantro
- strawberries
- 1½ lb. swiss chard or dino kale stems (i recommend pre-chopped)
- eggs (12)
- plain greek yogurt (i like stonyfield grass-fed)
- milk (any kind! we did ripple almond milk)
- heavy cream
- 3 oz crumbled feta
- shredded cheese
- boursin
- large tortillas
- sourdough bread (optional)

- 1-2 jars of green or red new mexican chile (you won't need it all)
- sour cream & onion ruffles
- fruit + nuts of your choice (we did mango, strawberries, sliced almonds + coconut flakes)