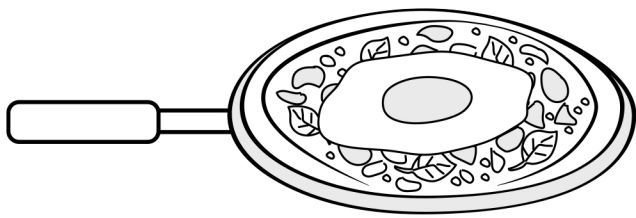


# BREAKFAST MEALPREP

## 3 Quick-and-Easy Breakfasts You Can Meal Prep Ahead of Time



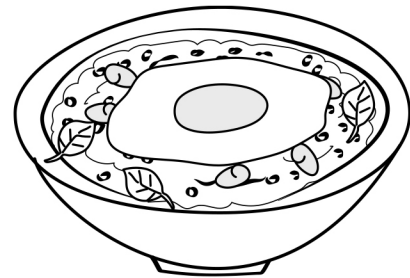
### Egg Veggie Pita Pizza

- Whole-wheat pita bread
- Eggs
- Bell peppers
- Baby spinach



### Pomegranate Berry Smoothie

- Frozen berries
- Plain kefir
- No-added-sugar pomegranate juice
- Baby spinach
- Ice



### Veggie Hash With Fried Egg

- Eggs
- Bell pepper
- Onion
- Baby spinach