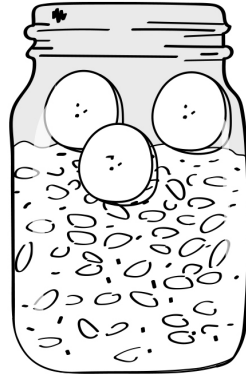


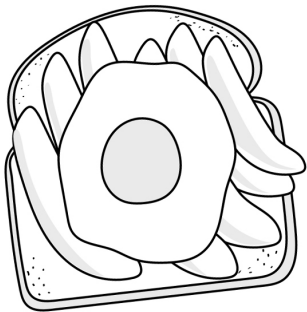
BREAKFAST MEAL PREP

How to Meal Prep for a Plant-Based Breakfast



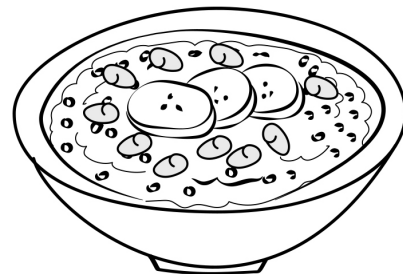
Chia Overnight Oats

- Unsweetened almond milk
- Rolled oats
- Chia seeds
- Banana
- Cinnamon



Avocado Toast With Egg + Cumin

- Whole-wheat bread
- Avocado
- Egg
- Lemon
- Cumin
- Salt + pepper



Banana-Pistachio Oatmeal

- Unsweetened almond milk
- Rolled oats
- Banana
- Pistachios