

MADE FOR THIS

Iron Supportive Breakfasts

VOLUME ONE / 10 EVERYDAY RECIPES



Familiar breakfasts | Thoughtful pairings | Practical preparation

BEGIN HERE

Breakfast that fits real life

Breakfast can stay familiar while you make room for more variety. These ten recipes turn eggs, toast, pancakes and breakfast bowls into satisfying meals built around beans, lentils, soy, grains, seeds and a lean beef option.

Start with the breakfast you already enjoy. Try beans alongside your eggs, a spoonful of seeds in your oats, or a white bean spread on your toast. Fresh fruit or a crisp vegetable topping completes each recipe.

You do not need to cook all ten meals or buy every ingredient at once. Choose two recipes for the coming week, make one useful component ahead, and repeat the meals you like.

Two servings each

Every recipe makes two adult breakfast portions. Divide the finished recipe evenly, including its fruit or vegetable side. Adjust portions to your appetite and needs.

Read the timing

Prep and cooking times are estimates. Overnight chilling, resting and any extra time for cooking grains are identified separately. Use doneness cues and a thermometer where indicated.

Measure consistently

Cups and spoons use US measures. Weights are provided for key ingredients. Canned bean sizes refer to the unopened can; drain and rinse before using. Cooked lentil weights are drained, and grain weights are dry unless marked cooked. Water is not on the shopping list; salt and pepper are pantry basics.

Make the swaps work for you

Substitutions change flavor, texture and nutrition. Check every package label for your allergies, dietary needs and cooking instructions.

Food alongside care. These recipes support everyday food choices. Iron deficiency can also involve blood loss or problems absorbing iron, and treatment may require more than food. If you have been diagnosed, keep the treatment and follow-up plan from your healthcare professional. This guide does not prescribe supplements or promise to correct iron levels. [3]

This book does not provide calculated iron totals or a complete daily nutrition plan. Iron content varies with the ingredient, brand, preparation and portion. The amount eaten is also different from the amount the body absorbs.

EVERYDAY FOOD CHOICES

Build an iron supportive breakfast

Start with an iron containing food

Beans, lentils, tofu, lean beef and iron-fortified grains can contribute iron. Plant foods contain nonheme iron. Meat also contains heme iron, which is generally absorbed more easily. [1, 2]

Add vitamin C to the same meal

Pair fresh red pepper, strawberries or citrus with the meal. Vitamin C helps the body absorb nonheme iron. [2, 4]

Keep the whole meal in perspective

Eggs and leafy greens can contribute to a varied breakfast. In these recipes, beans, lentils, tofu or other ingredients share the work. Spinach is not the sole iron strategy because its iron is less readily absorbed. [2]

Make room for your usual routine

Tea and coffee can reduce iron absorption when taken with a meal. Having them between meals is one practical option. You do not need to remove dairy from your diet; follow individual directions for iron medicines or calcium supplements. [2, 5]

Simple pairings to use again

Start with	Add alongside	Try it in
Beans or lentils	Fresh red pepper	Egg skillet or savory bowl
Tofu	Tomato and red pepper salsa	Breakfast tacos
Oats and seeds	Sliced strawberries	Overnight breakfast jars
Amaranth	Fresh strawberries	Warm porridge
Quinoa and lentils	Orange wedges	Baked breakfast cups
White beans and sesame	Tomato and red pepper	Breakfast toast

Pairings refer to ingredients, not a calculated iron amount or a treatment dose. Nutrition sources [1, 2, 4, 5].

YOUR RECIPE MENU

Choose your breakfast

Use the time column to find a quick morning option or a slower breakfast to prepare ahead.

No	Recipe	Approx time	Page
01	Black Bean Pepper Egg Skillet	26 min	5
02	Red Lentil Shakshuka	40 min	6
03	Steak and Sweet Potato Breakfast Hash	35 min	7
04	Tofu Pepper Breakfast Tacos	22 min	8
05	Chickpea Spinach Breakfast Pancakes	31 min	9
06	Quinoa Egg Breakfast Cups	40 min*	10
07	Pumpkin Seed Overnight Oats	8 min + chilling	11
08	Strawberry Amaranth Porridge	35 min	12
09	Savory Lentil Oat Breakfast Bowl	20 min*	13
10	Lemon White Bean Sesame Toast	13 min	14

* Quinoa egg cups and the savory lentil bowl start with cooked grains or lentils. Cooking from dry takes additional time. Listed totals include the five-minute rest for pancakes, egg cups and amaranth. The steak rests while the hash cooks.

Choose by mood

For eggs, start with 01, 02 or 06. For something sweet, choose 07 or 08. For a savory breakfast without eggs, try 04, 05, 09 or 10. Recipe 03 is the meat option.

All ten recipes make two servings. A five-morning rotation follows on page 15, and a recipe-linked shopping list begins on page 16.

RECIPE 01

Black Bean Pepper Egg Skillet

A familiar egg breakfast with a generous layer of smoky beans.

2 servings | Prep 8 min | Cook 18 min

Ingredients

1 can black beans, 15 oz (425 g),
drained and rinsed

2 large eggs

1 medium red bell pepper (150 g),
diced; reserve one quarter raw

1 small onion (100 g), diced

1 cup chopped tomato (180 g)

2 tsp olive oil

1/2 tsp ground cumin and 1/4 tsp
smoked paprika

1 tbsp lime juice

Salt and black pepper, to taste

Make breakfast

1. Warm the oil in a 10-inch skillet over medium heat. Add the onion and three quarters of the pepper. Cook for 5 minutes, stirring, until softened.

2. Stir in the beans, tomato, cumin, paprika, and 2 tbsp water. Simmer for 4 minutes. Mash a few beans against the pan to thicken the mixture.

3. Make two wells and crack one egg into each. Cover and cook gently for 7 to 9 minutes, until the whites and yolks are firm and the egg mixture reaches 160°F. Add a splash of water if the beans dry out.

4. Finish with lime juice and the reserved raw pepper. Divide the bean mixture evenly and give each person one egg. Season to taste.

Iron focus. Black beans supply plant iron alongside the eggs in this substantial breakfast skillet. **Vitamin C pairing.** Reserved raw red pepper and lime juice accompany the beans.

Make it yours. Use canned pinto beans in the same amount, or serve the beans with scrambled eggs cooked separately.

Make ahead. Cook the bean base up to 3 days ahead and refrigerate. Reheat it to 165°F before adding fresh eggs.

Allergens. Eggs. Check canned-food and seasoning labels.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 02

Red Lentil Shakshuka

Eggs nestled into a thick tomato and lentil sauce.

2 servings | Prep 10 min | Cook 30 min

Ingredients

1/2 cup dry split red lentils (100 g), rinsed
2 large eggs
1 can crushed tomatoes, 14.5 oz (411 g)
1 medium red bell pepper (150 g), diced; reserve one quarter raw
1 small onion (100 g), diced
2 garlic cloves (6 g), minced
2 tsp olive oil
3/4 tsp ground cumin and 1/2 tsp smoked paprika
1 tbsp lemon juice; salt and pepper, to taste

Make breakfast

1. Heat the oil in a deep 10-inch skillet with a lid. Cook the onion and three quarters of the pepper over medium heat for 4 minutes. Add the garlic and stir for 30 seconds.
2. Add the rinsed lentils and 1 1/4 cups water. Cover and simmer gently for 10 to 12 minutes, until the lentils are nearly tender. Add a little water if they begin to stick.
3. Stir in the tomatoes, cumin, and paprika. Simmer uncovered for 5 minutes, until the lentils are tender and the sauce thickens. Make two wells and add the eggs.
4. Cover and cook gently for 7 to 9 minutes, until the whites and yolks are firm and the egg mixture reaches 160°F. Finish with lemon juice and raw pepper. Divide evenly, with one egg per serving.

Iron focus. Red lentils add plant iron to this egg breakfast and help make the tomato sauce substantial.

Vitamin C pairing. Fresh red pepper and lemon juice are served with the lentils.

Make it yours. Replace the dry lentils with 1 1/2 cups cooked lentils. Skip their water-simmering step and add them with the tomatoes.

Make ahead. Refrigerate the lentil sauce for up to 3 days. Reheat to 165°F, then cook fresh eggs in it.

Allergens. Eggs. Check packaged ingredients.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 03

Steak and Sweet Potato Breakfast Hash

A hearty skillet with browned sweet potato and bright lime.

2 servings | Prep 10 min | Cook 25 min

Steak rests for at least 3 minutes while the hash cooks.

Ingredients

8 oz lean sirloin steak (225 g), about 1 inch thick

1 large sweet potato (300 g), scrubbed and cut into 1/2-inch cubes

1 medium red bell pepper (150 g), diced; reserve half raw

1 small onion (100 g), diced

2 tsp olive oil, divided

1/2 tsp smoked paprika and 1/4 tsp garlic powder

1 tbsp lime juice

Salt and black pepper, to taste

Make breakfast

1. Place the sweet potato and 2 tbsp water in a microwave-safe bowl. Cover loosely and microwave for 5 to 7 minutes, stirring once, until almost tender. Drain carefully.
2. Pat the steak dry and season lightly. Heat 1 tsp oil in a 10- to 12-inch skillet over medium-high heat. Cook the steak for about 3 to 5 minutes per side, adjusting for thickness, until a thermometer reaches at least 145°F.
3. Move the steak to a clean plate and rest for at least 3 minutes. Add the remaining oil, onion, and half the pepper to the skillet. Cook over medium heat for 4 minutes.
4. Add the sweet potato, paprika, and garlic powder. Cook for 5 to 7 minutes, turning occasionally, until tender and browned. Slice the rested steak across the grain. Divide the hash and steak between two plates; add raw pepper and lime.

Iron focus. Beef supplies heme iron, a form the body generally absorbs more readily than plant iron.

Vitamin C pairing. Fresh red pepper and lime bring brightness to the finished plates.

Make it yours. For a plant-based version, use 1 1/2 cups cooked lentils instead of steak and heat them with the hash. The iron type and amount change.

Make ahead. Dice vegetables the night before. Refrigerate cooked leftovers for up to 3 days; reheat to 165°F.

Allergens. No major U.S. allergens in the listed ingredients; check seasoning labels.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 04

Tofu Pepper Breakfast Tacos

A colorful scramble folded into warm corn tortillas.

2 servings | Prep 10 min | Cook 12 min

Ingredients

1 block firm tofu, 14 oz (397 g),
drained

4 small corn tortillas, about 6 inches
each

1 medium red bell pepper (150 g),
diced; reserve half raw

1/2 small onion (50 g), diced

1 medium tomato (150 g), diced

2 tsp olive oil

1/2 tsp ground cumin, 1/4 tsp
turmeric, and 1/4 tsp chili powder

2 tbsp lime juice, divided

Salt and black pepper, to taste

Make breakfast

1. Wrap the tofu in a clean kitchen towel and press gently for 2 to 3 minutes. Crumble it into bite-size pieces. Mix the tomato, reserved raw pepper, and 1 tbsp lime juice in a small bowl.
2. Heat the oil in a 10- to 12-inch skillet over medium heat. Cook the onion and remaining pepper for 4 minutes, until softened.
3. Add the tofu, cumin, turmeric, and chili powder. Cook for 6 to 8 minutes, stirring occasionally, until hot throughout and most loose moisture has evaporated. Stir in the remaining lime juice and season to taste.
4. While the tofu cooks, warm the tortillas in a second dry skillet for about 20 seconds per side, or follow the package directions. Divide the scramble among four tortillas and top with the fresh pepper mixture. Serve two tacos per person.

Iron focus. Tofu supplies plant iron. Its iron and calcium content vary by brand and processing, so check the label. **Vitamin C pairing.** The raw red pepper topping and lime accompany the tofu.

Make it yours. Use 1 1/2 cups cooked chickpeas, lightly mashed, instead of tofu. Add 2 tbsp water if the pan seems dry.

Make ahead. Refrigerate the scramble for up to 3 days. Reheat to 165°F and assemble tacos just before serving.

Allergens. Soy. Check tortillas and spice blends for wheat or other allergens.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 05

Chickpea Spinach Breakfast Pancakes

Savory pancakes with crisp edges and tender vegetable centers.

2 servings | Prep 10 min | Cook 16 min

Rest the batter for 5 minutes.

Ingredients

1 cup chickpea flour (120 g)
3/4 cup water (180 ml), plus 1 to 2
tbsp if needed
1 packed cup baby spinach (30 g),
finely chopped
1 medium red bell pepper (150 g),
finely diced; reserve half raw
2 scallions (30 g), thinly sliced
1/2 tsp ground cumin
4 tsp olive oil, divided
1 tbsp lemon juice
Salt and black pepper, to taste

Make breakfast

- 1.** Whisk the chickpea flour, water, and cumin into a smooth batter. Stir in the spinach, half the pepper, and scallions. Season lightly. Rest for 5 minutes; add a little water if it is too thick to spread with a spoon.
- 2.** Heat 2 tsp oil in a large nonstick skillet over medium heat. Spoon in half the batter as two pancakes, each about 5 inches wide. Spread them gently so the centers cook evenly.
- 3.** Cook for 3 to 4 minutes, until the edges look set and the bottoms are golden. Flip and cook for another 3 to 4 minutes, until the centers are fully set with no wet batter. Lower the heat if they brown too quickly.
- 4.** Repeat with the remaining oil and batter. Serve two pancakes per person with the reserved raw pepper and lemon juice. Chickpea flour should be cooked through; do not taste the raw batter.

Iron focus. Chickpea flour adds plant iron and gives these pancakes their savory base. Spinach adds a leafy vegetable to the batter. **Vitamin C pairing.** Raw red pepper and lemon accompany the pancakes.

Make it yours. Replace spinach with the same weight of finely chopped kale. Keep the chickpea flour; ordinary wheat flour behaves differently.

Make ahead. Refrigerate cooked pancakes for up to 3 days. Reheat to 165°F in a covered skillet, then uncover briefly to crisp.

Allergens. Chickpeas are legumes. Check the flour label for cross-contact and any personal allergens.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 06

Quinoa Egg Breakfast Cups

Bake six savory cups and serve them with fresh orange.

2 servings | Prep 10 min | Cook 25 min

Rest for 5 minutes after baking. Uses cooled, cooked quinoa and lentils; allow extra time if starting from dry.

Ingredients

4 large eggs
1/2 cup cooked quinoa (95 g), cooled
1/2 cup cooked lentils (100 g),
drained and cooled
1/2 medium red bell pepper (75 g),
finely diced
1 packed cup baby spinach (30 g),
finely chopped
1 tsp olive oil, for the muffin pan
1/2 tsp dried oregano and 1/4 tsp
garlic powder
2 medium oranges, peeled and
segmented
Salt and black pepper, to taste

Make breakfast

1. Heat the oven to 350°F. Brush six standard muffin-pan cups well with the oil, including their sides. Use a nonstick pan or lightly greased silicone cups for easier release.
2. Whisk the eggs in a bowl. Fold in the quinoa, lentils, pepper, spinach, oregano, and garlic powder. Season lightly. Break up any clumps so the grains and lentils distribute evenly.
3. Divide the mixture among the six prepared cups, leaving a little room at the top. Bake for 20 to 25 minutes, until the centers are set and reach 165°F. Let stand for 5 minutes before loosening the edges.
4. Serve three cups and one orange per person. The cups are easy to pack, but keep them refrigerated until reheating and pack the orange separately.

Iron focus. Lentils and quinoa add plant iron alongside the eggs. The grain-and-legume combination changes the usual egg muffin. **Vitamin C pairing.** A whole orange is part of each serving.

Make it yours. Replace the quinoa with the same amount of cooked brown rice. Iron content changes with the grain.

Make ahead. Refrigerate for up to 3 days or freeze individual cups for up to 2 months. Reheat the centers to 165°F.

Allergens. Eggs. Check packaged quinoa and lentils for cross-contact.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 07

Pumpkin Seed Overnight Oats

Creamy oats with strawberries and a generous seed topping.

2 servings | Prep 8 min | Cook 0 min

Refrigerate for at least 4 hours or overnight.

Ingredients

1 cup old-fashioned rolled oats (80 g)
1 1/2 cups unsweetened soy beverage (360 ml)
1/4 cup shelled pumpkin seeds (30 g), divided
1 tbsp chia seeds (12 g)
1 cup sliced strawberries (150 g)
2 tsp maple syrup, optional
1/2 tsp ground cinnamon

Make breakfast

- 1.** Combine the oats, soy beverage, chia seeds, cinnamon, and maple syrup, if using, in a bowl. Stir well so no dry oats remain at the bottom. Divide between two containers with lids.
- 2.** Cover and refrigerate for at least 4 hours, preferably overnight, until the oats soften and the chia thickens the mixture. Keep the pumpkin seeds and strawberries separate for the best texture.
- 3.** Stir each portion before eating. If it is thicker than you like, add a splash of water or soy beverage. Divide the strawberries and pumpkin seeds evenly between the two portions.
- 4.** Eat chilled, or warm the oat mixture in a microwave-safe bowl until hot, stirring partway through. Add the fresh fruit and seeds afterward. Do not heat a tightly sealed container.

Iron focus. Oats, pumpkin seeds, and soy beverage contribute plant iron. Brand fortification varies; the package label is the guide. **Vitamin C pairing.** Fresh strawberries are part of the breakfast, rather than an optional garnish.

Make it yours. Use a beverage that fits your dietary needs. Its iron, protein, and calcium content may differ from soy beverage.

Make ahead. Refrigerate the oat mixture for up to 3 days. Add freshly washed and sliced berries and the seeds when serving.

Allergens. Soy. Oats may have wheat or gluten cross-contact; use certified gluten-free oats when needed.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 08

Strawberry Amaranth Porridge

A warm grain bowl with a gentle crunch and a fresh berry finish.

2 servings | Prep 5 min | Cook 25 min

Rest the cooked porridge for 5 minutes.

Ingredients

1/2 cup dry amaranth grain (100 g)
1 1/2 cups water (360 ml), plus more if needed
1 1/2 cups sliced strawberries (225 g)
1/4 cup shelled pumpkin seeds (30 g)
1/4 tsp ground cinnamon
1/2 tsp vanilla extract
2 tsp maple syrup, optional
Small pinch of salt, optional

Make breakfast

1. Combine the amaranth, water, cinnamon, and optional salt in a small saucepan. Bring to a gentle boil, then reduce the heat to low and cover.
2. Simmer for about 20 to 25 minutes, stirring occasionally, until the mixture is thick and the grains are tender with a slight pop. Add water a tablespoon at a time if it thickens before the grains cook.
3. Remove from the heat. Stir in the vanilla and maple syrup, if using. Cover and let stand for 5 minutes. Amaranth naturally makes a creamy, slightly sticky porridge; loosen it with warm water if preferred.
4. Divide between two bowls. Top each with half the fresh strawberries and pumpkin seeds. Keep the fruit fresh instead of simmering it into the grain.

Iron focus. Amaranth grain and pumpkin seeds carry the plant iron focus. This recipe uses grain, not amaranth leaves or flour. **Vitamin C pairing.** Each bowl includes a generous fresh strawberry topping.

Make it yours. Use another cooked whole-grain porridge if amaranth is unavailable, following its package directions. Texture and iron content will change.

Make ahead. Refrigerate cooked porridge for up to 3 days. Add a little water and reheat to 165°F before adding fresh toppings.

Allergens. No major U.S. allergens in the listed ingredients; check grain and seed packaging for cross-contact.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 09

Savory Lentil Oat Breakfast Bowl

Warm oats take a savory turn with lentils, greens, and lemon.

2 servings | Prep 8 min | Cook 12 min

Uses cooked lentils; allow extra time if starting from dry.

Ingredients

1 cup old-fashioned rolled oats (80 g)
1 1/2 cups cooked lentils (300 g),
drained
2 cups water (480 ml)
2 packed cups baby spinach (60 g),
roughly chopped
1 medium red bell pepper (150 g),
finely diced; reserve half raw
2 garlic cloves (6 g), minced
2 tsp olive oil
1/2 tsp ground cumin and 1/4 tsp
smoked paprika
2 tbsp lemon juice; salt and pepper,
to taste

Make breakfast

1. Heat the oil in a medium saucepan over medium heat. Add half the pepper and cook for 3 minutes. Add the garlic, cumin, and paprika and stir for 30 seconds.
2. Stir in the water, oats, and cooked lentils. Bring to a gentle simmer. Cook for 5 to 7 minutes, stirring frequently, until the oats are soft and the mixture is creamy. Add a splash of water if it becomes too thick.
3. Stir in the spinach and cook for another 1 to 2 minutes, until wilted and everything is hot throughout. If using refrigerated leftover lentils, make sure the mixture reaches 165°F.
4. Remove from the heat and stir in the lemon juice. Divide between two bowls and top with the reserved raw pepper. Season to taste and serve warm.

Iron focus. Lentils and oats provide the main plant iron ingredients. Spinach adds vegetables and texture. **Vitamin C pairing.** Fresh red pepper and lemon juice finish each bowl.

Make it yours. Use cooked chickpeas in the same volume as the lentils. Mash some against the pan for a creamier result.

Make ahead. Refrigerate for up to 3 days. Reheat to 165°F with a little water; add the raw pepper after warming.

Allergens. Oats may have wheat or gluten cross-contact; use certified gluten-free oats when needed.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

RECIPE 10

Lemon White Bean Sesame Toast

Creamy beans and tahini turn everyday toast into a full breakfast.

2 servings | Prep 8 min | Cook 5 min

Ingredients

1 can cannellini beans, 15 oz (425 g),
drained and rinsed
4 slices whole-grain bread (about 140 g)
2 tbsp tahini (30 g), stirred well
2 tbsp lemon juice
1 medium tomato (150 g), diced
1/2 medium red bell pepper (75 g),
finely diced
1 small garlic clove (3 g), minced
1 tsp olive oil
Salt and black pepper, to taste

Make breakfast

- 1.** Warm the beans with 2 tbsp water in a small saucepan over medium-low heat for 3 to 4 minutes. Stir occasionally, adding a little more water if they begin to stick.
- 2.** Remove from the heat. Add the tahini, lemon juice, and garlic. Mash with a fork or potato masher into a thick, spreadable mixture. Add water a teaspoon at a time if needed, then season to taste.
- 3.** Toast the bread while the beans warm. Toss the tomato and raw pepper with the olive oil in a small bowl. A few grinds of black pepper work well here.
- 4.** Spread the bean mixture evenly over the four slices. Spoon the fresh vegetables over the toast or serve alongside. Give each person two slices and half the vegetables.

Iron focus. White beans and sesame tahini contribute plant iron. Bread may contribute more, depending on the grain and fortification. **Vitamin C pairing.** Raw red pepper, fresh tomato, and lemon accompany the beans.

Make it yours. For a sesame-free version, omit tahini and add 2 tsp olive oil plus enough water for a creamy mash. Iron content changes.

Make ahead. Refrigerate the bean spread for up to 3 days. Reheat to 165°F and assemble with fresh toast and vegetables.

Allergens. Sesame and wheat. Bread may contain soy, milk, or other allergens; check its label.

See pages 3 and 18 for nutrition context; page 15 for safe storage.

PLAN AND PREPARE

Five mornings with less to do

A flexible example for two people. Keep a short midweek prep session so the later meals are prepared fresh.

Morning	Breakfast	Useful prep
Monday	07 Pumpkin Seed Overnight Oats	Mix on Sunday evening; add strawberries and seeds in the morning.
Tuesday	01 Black Bean Pepper Egg Skillet	Dice the pepper and onion ahead. Cook the eggs just before eating.
Wednesday	06 Quinoa Egg Breakfast Cups	Bake Tuesday evening with cooked quinoa and lentils. Add fresh orange wedges.
Thursday	04 Tofu Pepper Breakfast Tacos	Make the salsa and cook the filling just before serving.
Friday	10 Lemon White Bean Sesame Toast	Mash the beans Thursday evening. Toast the bread and add fresh toppings on Friday.

Before the week. Choose the recipes you want and check your pantry. Wash produce under running water. Portion grains and seeds, and label containers with the date. Keep raw meat and eggs separate from ready-to-eat produce. [6]

Use a short midweek prep. A second prep session keeps the later breakfasts fresh. Cook quinoa and lentils for the cups on Tuesday if using dry ingredients. Prepare the bean spread Thursday evening instead of holding every finished meal from Sunday. For recipes you plan to store, use grains and lentils cooked that day or the day before, then follow the recipe storage limit.

Store components separately. Keep crunchy seeds, fresh fruit, salsa and toast separate from cooked fillings until serving. Chill cooked food promptly; follow the storage guidance below and any shorter limit in the recipe or package.

Repeat what works. The schedule is a breakfast rotation, not a treatment plan or a requirement to finish every recipe. Two favorites on repeat can be easier to maintain than a different meal every day.

Cook and store safely. Cook eggs until whites and yolks are firm, and egg dishes to 160 F. Whole-cut steak should reach 145 F and rest for 3 minutes. Reheat cooked leftovers to 165 F. Refrigerate perishables in shallow containers within 2 hours, or within 1 hour above 90 F. Keep the refrigerator at 40 F or colder and use cooked leftovers within 3 to 4 days. [6, 7]

SHOPPING LIST

Fresh food and proteins

This master list covers one batch of each of the ten recipes: 20 breakfast portions in total. It is a reference list, not a recommendation to buy or prepare everything for one week. Recipe numbers show where each ingredient appears. Buy only for the meals you choose; fresh produce sizes and drained can yields vary.

Ingredient	Total for all ten	Recipes
Eggs	8 large	01, 02, 06
Red bell pepper	1,050 g / about 7 medium	01, 02, 03, 04, 05, 06, 09, 10
Onion	350 g / about 4 small	01, 02, 03, 04
Tomato	480 g / about 3 to 4 medium	01, 04, 10
Lime juice	4 tbsp / 60 ml	01, 03, 04
Garlic	5 cloves	02, 09, 10
Lemon juice	6 tbsp / 90 ml	02, 05, 09, 10
Lean sirloin steak	225 g / 8 oz	03
Sweet potato	300 g / 1 large	03
Firm tofu	1 block, 14 oz / 397 g	04
Baby spinach	120 g	05, 06, 09
Scallions	2	05
Oranges	2 medium	06
Unsweetened soy beverage	360 ml / 1 1/2 cups	07
Strawberries	375 g / about 2 1/2 cups sliced	07, 08

Choose lemons and limes by the juice yield you need. Bottled unsweetened juice also works for flavor; the recipes still include fresh peppers, oranges or strawberries. Extra produce can be used in another meal.

SHOPPING LIST

Beans grains seeds and pantry

Totals below continue the all-ten-recipe list. Cooked and dry amounts are intentionally separate. Use no-salt-added canned foods when available and season to your preference.

Ingredient	Total for all ten	Recipes
Black beans	1 can, 15 oz / 425 g	01
Dry split red lentils	100 g / 1/2 cup dry	02
Crushed tomatoes	1 can, 14.5 oz / 411 g	02
Small corn tortillas	4 small	04
Chickpea flour	120 g / 1 cup	05
Cooked quinoa	95 g / 1/2 cup cooked	06
Cooked lentils	400 g / 2 cups cooked	06, 09
Rolled oats	160 g / 2 cups	07, 09
Shelled pumpkin seeds	60 g / 1/2 cup	07, 08
Chia seeds	12 g / 1 tbsp	07
Dry amaranth grain	100 g / 1/2 cup dry	08
Cannellini beans	1 can, 15 oz / 425 g	10
Whole-grain bread	4 slices / about 140 g	10
Tahini	30 g / 2 tbsp	10

Pantry check

olive oil: 16 tsp / 80 ml; ground cumin: 2 3/4 tsp; smoked paprika: 1 1/2 tsp; garlic powder: 1/2 tsp; turmeric: 1/4 tsp; chili powder: 1/4 tsp; dried oregano: 1/2 tsp; maple syrup: Up to 4 tsp, optional; ground cinnamon: 3/4 tsp; vanilla extract: 1/2 tsp. Salt and black pepper to taste.

Use what you have. Canned bean quantities are unopened can sizes. Drain and rinse before cooking. Buy ready-cooked lentils and quinoa, or cook a batch from dry according to its package and measure the cooked amount required. Keep extra cooked portions within the storage limits on page 15.

SOURCES AND NOTES

The information behind the recipes

Nutrition and food safety references consulted October 28 2026. Numbers in the introductory pages refer to the sources below.

[1] NIH Office of Dietary Supplements

Iron Fact Sheet for Consumers - Food sources and general iron guidance.

<https://ods.od.nih.gov/factsheets/Iron-Consumer/>

[2] NIH Office of Dietary Supplements

Iron Fact Sheet for Health Professionals - Iron forms, absorption and food context.

<https://ods.od.nih.gov/factsheets/Iron-HealthProfessional/>

[3] National Heart Lung and Blood Institute

Iron Deficiency Anemia - Causes and treatment alongside food choices.

<https://www.nhlbi.nih.gov/health/anemia/iron-deficiency-anemia>

[4] NIH Office of Dietary Supplements

Vitamin C Fact Sheet for Health Professionals - Vitamin C foods and nonheme iron absorption.

<https://ods.od.nih.gov/factsheets/VitaminC-HealthProfessional/>

[5] Cambridge University Hospitals

Iron and coeliac disease - Meal pairing and tea or coffee timing.

<https://www.cuh.nhs.uk/patient-information/iron-and-coeliac-disease/>

[6] US Food and Drug Administration

Safe Food Handling - Cooking temperatures and handling.

<https://www.fda.gov/food/buy-store-serve-safe-food/safe-food-handling>

[7] USDA Food Safety and Inspection Service

How do I handle leftovers safely - Refrigeration and leftover storage.

<https://ask.fsis.usda.gov/article/How-do-I-handle-leftovers-safely>

About this collection

Recipes are original creations for this collection. Preparation times are approximate, and brands and equipment can change the results. Nutrition information is educational; no laboratory testing or calculated nutrient analysis is represented. The cover is an AI-generated serving illustration. The organizations cited provide the nutrition and safety references; they have not endorsed this guidebook.

Choose a breakfast you would look forward to eating. Keep the ingredients manageable, give yourself room to adjust, and make the next morning a little easier.