

818-840-2156



# one month breakfast calendar

BROUGHT TO YOU BY HEALTHY KIDS COURSE



*Excellence is at the heart of TheEgg-cellent Breakfast Company, and mompreneur Loena B. Rodgers wants to help you achieve it in the kitchen!*

*While Loena's résumé includes culinary experience with Tender Greens, Chipotle, and the Marriott Burbank Airport Hotel, it's her two young boys that inspired her to view food as something to nourish the body and mind. After seeing her oldest son's allergies heal with a little nutritional know-how, Loena created The Egg-cellent Breakfast Company in 2017. Good food doesn't have to be a mystery, and more and more parents are solving it by becoming breakfast champions!*

*What you eat at the breakfast table directly impacts the classroom: no one knows that more than parents and teachers! Children who eat a nutritionally-dense breakfast demonstrate sharper focus and fewer mood swings, their immune systems strengthen and further protect the body against viruses and colds. Start the day with your best food, er, foot forward, and let good health be your reward!*

*With Loena's hands-on experience, guidance and research skill of filling in deficiencies with whole foods, you too can learn how to balance healthy, morning meals with the essential nutrients for your children.*



**Loena B. Rodgers**

*#BreakfastMom and Nutrition Detective*

weeks

# one month breakfast calendar

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01

Prep some **Energy Power Granola\*** —a fun activity for the kids!  
**p.04**

Top 1/4 cup of vanilla yogurt with 1/2 cup of berries and 1/2 cup of **Energy Power Granola.\***

Make **Green Mango Smoothies\***  
**p.05**

Get over that mid-week hump with a **Great Egg Sandwich\*\***

Top 1/2 cup of vanilla yogurt with 1/2 cup of berries & 1/2 cup of **Energy Power Granola.\***

Make Easy **Apple & Sunbutter Toasts\*** for a quick and easy breakfast.  
**p.06**

Make Perfect **Pizza Eggs\*** for the family. Serve with **whole-wheat English muffins.**  
**p.07**

02

Whip up a batch of **Turkey Cheddar Muffins\*** for the week.  
**p.08**

Have **Turkey Cheddar Muffins.\***

Make **Bluebanana Smoothies\***  
**p.09**

Have **Turkey Cheddar Muffins.\***

Let the kids make **SB&J Banana Rolls\***  
**p.10**

Cheers to the weekend with a **Meat Beet Sandwich\*\***

Dad's day to cook!

03

Bake a batch of **Pumpkin Muffins\*** for the week.  
**p.11**

Kick off the week right with **Croissant French Toast** with **yogurt & fresh berries\*\***

Grab a **Pumpkin Muffin\*** and a vanilla yogurt.

Make **Potassium- Blast Smoothies\***  
**p.12**

Grab a **Pumpkin Muffin\*** and a vanilla yogurt.

Make Easy **Apple & Sunbutter Toasts\*** for a quick and easy breakfast.

Make Awesome **Apple Pie Pancakes\*** for the family.  
**p.13**

04

Make a batch of **Brainy Berry Oatmeal\*** for the week.  
**p.14**

Make **Immunity-Boosting Smoothies\***  
**p.15**

Have **Brainy Berry Oatmeal.\***

Let the kids have healthy **cereal and fruit!**

Celebrate your success with **Meat Beet Sandwich\*\*** for the family!

Make **Breakfast Tacos\*** for the family.  
**p.16**

Have **Brainy Berry Oatmeal.\***

\*\*Available via virtual FB live cooking demos at The Egg-cellent Breakfast Company

Get in touch with us: [info@eggcellentcompany.com](mailto:info@eggcellentcompany.com)

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# Energy Power Granola

*This easy homemade Granola is full of whole grains, fruits, and nuts for lasting energy. Cranberries and Cherries add an Antioxidant Pop!*

*Makes 10 servings*

## INGREDIENTS:

<b>Rolled (old-fashioned) Oats</b>	-	<b>4 cups</b>
<b>Dried Cranberries</b>	-	<b>1/2 cup</b>
<b>Dried Cherries</b>	-	<b>1/2 cup</b>
<b>Pumpkin Seeds</b>	-	<b>1/2 cup</b>
<b>Coconut Oil, melted</b>	-	<b>4 tbsp.</b>
<b>Agave Syrup</b>	-	<b>4 tbsp.</b>
<b>Vanilla Extract</b>		<b>2 tsp.</b>
<b>Cinnamon</b>	-	<b>1/2 tsp.</b>
<b>Semi-sweet Chocolate Chips (optional)</b>	-	<b>4 tbsp.</b>

## DIRECTIONS:

Preheat oven to 350°F.

In a large bowl, combine oats, cranberries, cherries, and pumpkin seeds.

In a small bowl, mix coconut oil, agave syrup, vanilla, and cinnamon.

Pour the wet ingredients over the dry ingredients, and stir to coat thoroughly.

Spread on a lightly sprayed baking sheet, and bake for 30 minutes, stirring frequently.

Let cool, stir in chocolate chips (if using), and store in an airtight container.

**Note:** Use any dried fruit + any nut to make different combinations. Or leave out the nuts entirely, if allergies are a concern.



# Green Mango Smoothie

*These sweet smoothies are an easy way to get some green veggies in at breakfast!  
The vitamin C in mango helps the body absorb the iron in the spinach, making this a perfect combo!  
Add the ground flax seeds for a boost of essential fatty acids and fiber.*

*Serves 2*

## INGREDIENTS:

<b>Unsweetened Coconut or Almond Milk</b>	-	<b>1 1/2 cup</b>
<b>Vanilla Yogurt</b>	-	<b>1/2 cup</b>
<b>Frozen Mango</b>	-	<b>1 cup</b>
<b>Baby Spinach</b>	-	<b>1 cup</b>
<b>Vanilla Protein Powder</b>	-	<b>1 tbsp.</b>
<b>Ground Flax Seeds</b>	-	<b>4 tbsp.</b>

## DIRECTIONS:

Combine all ingredients in a blender and blend until smooth.

**Note:** *These can be prepped the night before and stored in the fridge in individual to-go cups.*



# Easy Apple & Sunbutter Toasts

*This quick breakfast will keep you going with whole grains, protein, healthy fat, and fiber! Sunflower seed butter is a great allergen-free replacement for nut butters.*

*Serves 2*

## INGREDIENTS:

Whole-grain Bread	- 4 slices
Sunflower Seed Butter	- 4 tbsp.
Apple	- 1
Honey	- 1 cup
Cinnamon	- 1 tbsp.

## DIRECTIONS:

Toast the bread.  
While the bread is toasting, slice the apple into thin slices.  
Spread each slice of bread with 1 Tbsp. of sunflower seed butter.  
Top with apple slices, drizzle with honey, and sprinkle with cinnamon.

*Note: You can use whatever type of nut butter you like in this recipe. Or try swapping out the apple for sliced strawberries or bananas!*



# Perfect Pizza Eggs

*Frittatas are a great way to get in more veggies in the morning!*

*This Egg-cellent recipe includes lots of veggies, and tastes like pizza —without the empty calories from the dough! Serve with a side of fruit for an even more balanced breakfast.*

*Serves 4*

## INGREDIENTS:

Olive Oil	- 1 tbsp.
Redbell Pepper, <i>diced</i>	- 1
Medium Tomato, <i>diced</i>	- 1
Black Olives, <i>drained (optional)</i>	- 1/4 cup
Eggs, Large	- 8
Low-fat milk or unsweetened non-dairy milk	- 1/2 cup.
Dried Basil	- 1 tsp.
Salt and Pepper, <i>to taste</i>	
Mozzarella Cheese, <i>shredded</i>	- 1/2 cup.

## DIRECTIONS:

In a large skillet, sauté the pepper, tomato, and olives (if using) in the olive oil. Cook until peppers are soft.

In a large bowl, beat the eggs with the milk, basil, and salt and pepper.

Pour the eggs over the vegetables in the skillet. Cook until the bottom is set. Heat the broiler.

Sprinkle the top of the eggs with cheese and place under the broiler.

Cook until top is set and cheese is bubbly, about 4–5 minutes.



# Turkey Cheddar Muffins

*These high-protein muffins are like a mini crustless quiche.*

*They make a great prep-ahead breakfast for easy grab-and-go breakfasts!*

*Greens pack a huge nutritional boost with folate, minerals, and phytonutrients, so be sure to vary them up!*

*Makes 8 muffins*

## INGREDIENTS:

Olive Oil	-	1 tbsp.
Ground Turkey	-	1/4 lb.
Swiss Chard or Beet Greens, Chopped	-	1 cup.
Medium Tomato, diced	-	1
Eggs, Large	-	6
Low-fat milk or unsweetened non-dairy milk	-	1/4 cup.
Salt and Pepper, to taste		
Cheddar Cheese, grated	-	1/4 cup.

## DIRECTIONS:

Preheat oven to 350°F.

In a medium frying pan, sauté the turkey in the olive oil. Cook until thoroughly browned.

Add the Swiss chard or beet greens to the pan, and stir until wilted. Stir in the tomatoes.

Spray a muffin tin with nonstick spray.

Divide the turkey and greens mixture between 8 of the muffin cups.

In a separate bowl, whisk the eggs, milk, salt and pepper.

Pour the egg mixture into the muffin cups. Top with cheese.

Bake for 20–25 minutes, until eggs are set. Let cool.

**Note:** *These These can be served cold or reheated, and they store well in the fridge for up to 4 days.*

*You can use any cooked meat, veggies, and cheese in these —try chicken, broccoli, and cheddar or ham, spinach, and Swiss!*





# Bluebanana Smoothie

*Blueberries are an antioxidant, anti-inflammatory powerhouse and are the star of this kid-favorite smoothie! You can add raw cacao for even more of a nutritional boost —it's packed with magnesium and iron.*

*Serves 2*

## INGREDIENTS:

Unsweetened Coconut or Almond Milk	-	1 1/2 cups.
Banana	-	1
Frozen Blueberries	-	1 cup.
Vanilla Protein Powder	-	1 scoop
Raw Cacao Powder (optional)	-	8
Honey (optional)	-	2 tsp.

## DIRECTIONS:

Combine all ingredients in a blender and blend until smooth.

**Note:** *These can be prepped the night before and stored in the fridge in individual to-go cups*



# SB&J Banana Rolls

*These are an easy breakfast that the kids can even make for themselves if they're old enough to handle a butter knife!*

*Whole grains, healthy fat, and fruit make these a meal that will keep them going until lunch.*

*The hemp seeds add a nutty crunch and a healthy dose of essential fatty acids and fiber.*

*Serves 2*

## INGREDIENTS:

<b>White Tortillas</b>	- 2 whole.
<b>Sunflower Seed butter</b>	- 2 tbsp.
<b>Strawberry Jam</b>	- 2 tbsp.
<b>Hemp Seeds</b>	- 2 tsp.
<b>Bananas</b>	- 2

## DIRECTIONS:

Spread each tortilla with 1 tablespoon of sunflower seed butter and 1 tablespoon of jam.

Sprinkle each with 1 tsp. of hemp seeds.

Place the bananas at the end of each tortilla, and roll up tightly.

Enjoy as is, or slice into rounds.

**Note:** *This also works great with Peanut Butter or Almond Butter.*



# Pumpkin Muffins

*Pumpkin is high in fiber and beta-carotene, and blends seamlessly into these muffins to sneak some veggies into your kids' breakfast!*

*Makes 8 muffins*

## INGREDIENTS:

Whole Wheat Flour	-	3/4 cup.
All-purpose Flour	-	3/4 cup.
Baking Powder	-	2 tsp.
Baking Soda	-	1/2 tsp.
Cinnamon or Pumpkin Pie Spice	-	1 tsp.
Salt	-	1/2 tsp.
Eggs, Large	-	2
Pureed Pumpkin (canned 100% pure)	-	1 cup.
Coconut Oil, melted	-	1/2 cup.
Agave	-	1/4 cup.
Vanilla	-	1 tsp.
Unsweetened Coconut or Almond Milk	-	3/4 cup.

## DIRECTIONS:

Preheat oven to 350°F. Lightly spray a muffin pan.

In a large bowl, combine flour, baking powder, baking soda, cinnamon, and salt.

In a separate bowl, stir together eggs, pumpkin, coconut oil, agave, vanilla, and milk.

Pour the wet ingredients into the dry ingredients and stir gently. Be careful not to overmix.

Pour the batter into the muffin cups. Bake for 20–25 minutes, until set.



# Potassium-Blast Smoothie

*Strawberries and bananas make this smoothie an excellent source of potassium —crucial for muscle health. This is a great option for those high-energy, on-the-run days, or to replenish after activity!*

*Serves 2*

## INGREDIENTS:

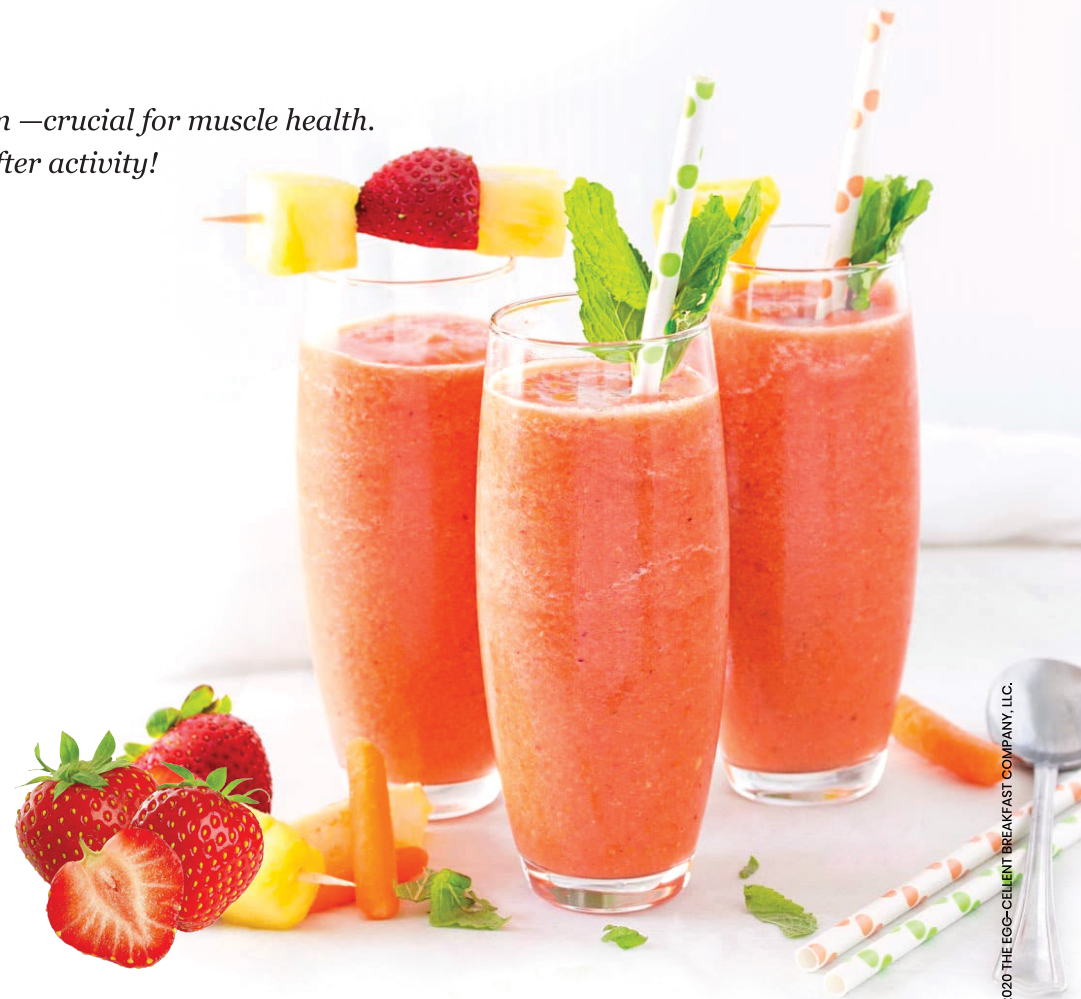
<b>Unsweetened Coconut or Almond Milk</b>	-	<b>2 cups.</b>
<b>Banana</b>	-	<b>1</b>
<b>Frozen Strawberries</b>	-	<b>1 cup.</b>
<b>Carrot (roughly chopped)</b>	-	<b>1</b>
<b>Rolled Oats (old fashioned)</b>	-	<b>1/4 cup.</b>
<b>Vanilla Protein Powder</b>	-	<b>1 scoop.</b>
<b>Chia Seeds</b>	-	<b>2 tsp.</b>

## DIRECTIONS:

Combine all ingredients in a blender and blend until smooth.

**Note:** *These can be prepped the night before and stored in the fridge in individual to-go cups.*

*The chia seeds may cause it to thicken if you make it ahead of time, so just add ice and re-blend it in the morning to thin it out.*



# Awesome Apple Pie Pancakes

*These pancakes are served with a homemade applesauce topping, eliminating the empty sugar calories from the syrup they're normally served with and adding a boost of fruit and fiber.*

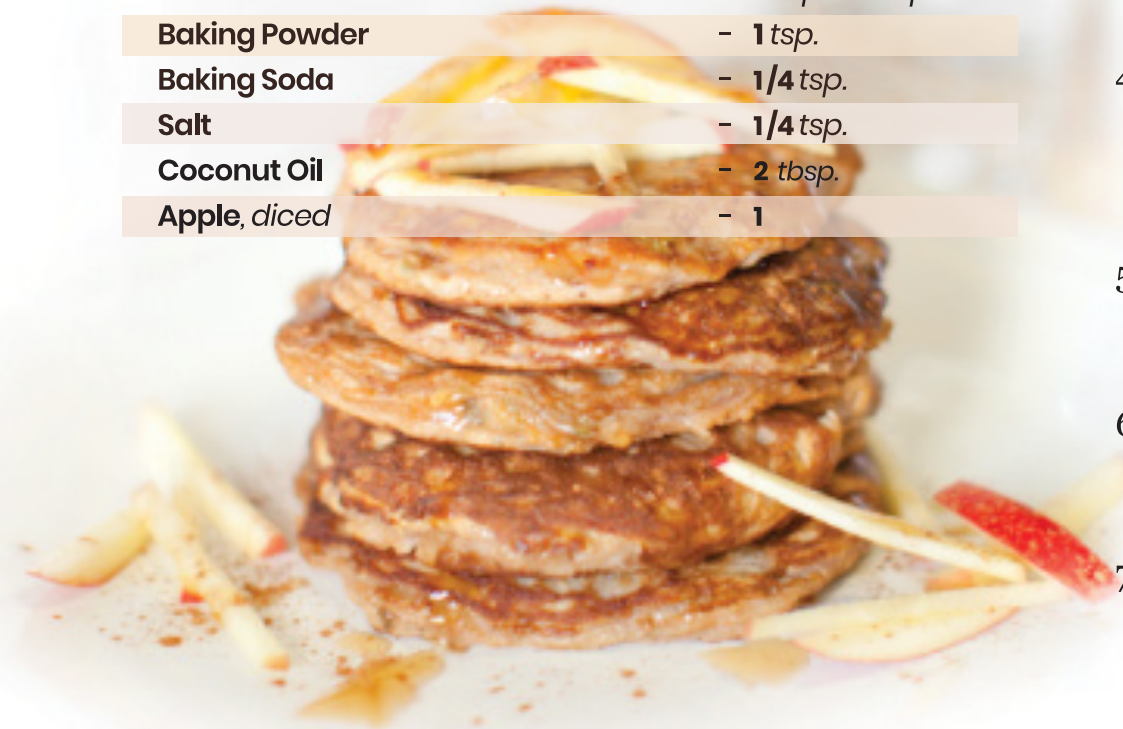
Serves 4

## INGREDIENTS:

Eggs, Large	- 2
Unsweetened Coconut or Almond Milk	- 1/2 cup.
Pure Maple Syrup	- 2 tbsp.
Lemon Juice	- 2 tbsp.
Vanilla Extract	- 1 tsp.
Whole Wheat Flour	- 1 cup + 1 tbsp.
Baking Powder	- 1 tsp.
Baking Soda	- 1/4 tsp.
Salt	- 1/4 tsp.
Coconut Oil	- 2 tbsp.
Apple, diced	- 1

## DIRECTIONS:

- 1 In a large bowl, whisk the eggs, almond milk, 1 table spoon of the maple syrup, and the vanilla.
- 2 In a separate bowl, combine the flour, baking powder, baking soda, and salt.
- 3 Add the wet ingredients to the dry ingredients, and stir to combine, being careful not to overmix.
- 4 In a large skillet, heat 1 tablespoon of the coconut oil. Pour in pancakes, about 3 inches in diameter. Carefully flip over once browned on the bottom. Set aside and repeat with remaining batter.
- 5 In a small saucepan, heat the remaining tablespoon of coconut oil. Add the apple chunks, cinnamon, lemon juice, and remaining tablespoon of maple syrup. Stir well.
- 6 Add the tablespoon of flour to the apples and turn down heat to simmer until apples are soft and sauce is thickened slightly.
- 7 Top the pancakes with the apple mixture.



# Brainy Berry Oatmeal

*The berries in this oatmeal are packed with antioxidants that help protect and fuel the brain, making this a smart choice for a before-school breakfast!*

*Serves* **6**

## INGREDIENTS:

<b>Coconut Oil</b>	- 1 tsp.
<b>Oats</b> ( <i>quick or old-fashioned</i> )	- 2 cups.
<b>Coconut or Almond Milk</b> , <i>unsweetened</i>	- 2 cups.
<b>Agave</b>	- 2 tbsp.
<b>Applesauce</b> , <i>unsweetened</i>	- 1/2 cup.
<b>Cinnamon</b>	- 1 tsp.
<b>Mixed Berries</b> , <i>frozen</i>	- 2 cups.
<b>Walnuts</b> , <i>chopped</i>	- 1/4 cup.

## DIRECTIONS:

Preheat oven to 350°F. Grease a baking pan with coconut oil. In a large bowl, combine all ingredients and stir until thoroughly combined. Transfer to the baking pan and bake for about 45 minutes, or until a toothpick comes out clean. Cut into slices.

**Note:** Store in an airtight container in the fridge for up to 4 days.



# Immunity-Boosting Smoothie

*These tropical smoothies are packed with vitamin C to support your immune system. Be sure to feature these regularly during cold season!*

*Serves 2*

## INGREDIENTS:

<b>Coconut or Almond Milk, unsweetened</b>	-	<b>2 cups.</b>
<b>Pineapple, frozen</b>	-	<b>1/2 cup.</b>
<b>Mango, frozen</b>	-	<b>1/2 cup.</b>
<b>Kiwis, peeled and diced</b>	-	<b>2</b>
<b>Vanilla Protein Powder</b>	-	<b>1 scoop.</b>

## DIRECTIONS:

Combine all ingredients in a blender and blend until smooth.

**Note:** *These can be prepped the night before and stored in the fridge in individual to-go cups.*



# Breakfast Tacos

Who doesn't love tacos? And they're even better for a weekend breakfast! These tacos have protein from the eggs, vitamin C and fiber from the veggies and salsa, and healthy fats from the avocado to set you up for a great day ahead!

Serves 4

## INGREDIENTS:

Olive Oil	-	1 tsp.
Green Onions, <i>diced</i>	-	2
Green Bell Pepper, <i>diced</i>	-	1
Eggs, Large	-	8
Smoked Chipotle Powder	-	1/2 tsp.
Cumin	-	1/2 tsp.
Soft Corn Tortillas	-	8
Mexican Blend Cheese, <i>shredded</i>	-	1/2 cup.
Salsa	-	1/4 cup.
Avocado, <i>diced</i>	-	1

## DIRECTIONS:

In a large skillet, sauté the onions and peppers in olive oil until softened.  
 In a medium bowl, beat the eggs with the chipotle and cumin.  
 Pour over the onions and peppers and cook until set, stirring frequently to scramble.  
 In the meantime, soften the corn tortillas in a pan on the stovetop or in the oven.  
 Place 2 corn tortillas on each plate. Top with the egg mixture and sprinkle with cheese.  
 Top each taco with 1 tablespoon of salsa and 1/8 of the avocado. Enjoy!





#ItTakesAVillage

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If your kiddo is craving the same unhealthy foods, their body is nutrient deficient in something.  
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