

5-Day Meal Prep Friendly Breakfasts

Start your mornings right with these easy, healthy breakfasts you can prep in advance. Each recipe is designed to be grab-and-go, nutrient-dense, and satisfying without the stress. Perfect for busy weekdays!

1. Coach Ace's Protein-Packed Overnight Oats

Lasts: 4-5 days

Macros: 430 kcal / 18g protein / 42g carbs / 17g fat

How to Prep: In a 12 oz jar, combine: 1/2 cup unsweetened coconut milk, 1/2 cup old-fashioned oats, 1/2 cup Chobani vanilla Greek yogurt, 1 tbsp chia seeds, 1 tbsp ground flaxseed, 1 tbsp PB2 (powdered peanut butter), a sprinkle of unsweetened coconut flakes, 1 tbsp mini chocolate chips. Top with 1/4 cup frozen blueberries. Stir well and refrigerate overnight.

2. Egg Muffin Cups

Lasts: 5 days

Macros: 180 kcal / 14g protein / 2g carbs / 12g fat (per 2 muffins)

How to Prep: Whisk 10 eggs with diced bell peppers, onions, spinach, and turkey bacon. Pour into muffin tins and bake at 350F for 20 minutes. Makes 5 servings.

3. Greek Yogurt & Chia Jar

Lasts: 4-5 days

Macros: 300 kcal / 20g protein / 20g carbs / 12g fat

How to Prep: Layer in jars: 6 oz Greek yogurt, 1 tbsp chia seeds, fresh berries, and crushed nuts. Store in fridge.

4. Protein Pancakes or Waffles

Lasts: 5 days (fridge) / 3 months (freezer)

Macros: 300 kcal / 22g protein / 30g carbs / 9g fat (23 pancakes)

How to Prep: Blend: 1 banana, 2 eggs, 1 scoop protein powder, 1/4 cup oats, cinnamon. Cook into

pancakes. Store in fridge or freeze.

5. Cottage Cheese Fruit Bowls

Lasts: 3-4 days

Macros: 250 kcal / 18g protein / 18g carbs / 10g fat

How to Prep: Portion 12 cup cottage cheese into containers. Top with pineapple, blueberries, or apples. Add cinnamon or nuts if desired.