

12 High-Protein 5-Minute Breakfasts for Busy Mornings (Grocery List)

Here's the printable grocery list with check boxes and your plan.

Shopping checklist Proteins

- ☐ Eggs, four dozen
- ☐ Turkey sausage (bulk/ground), 4 lb
- ☐ Deli ham, diced, 1.5 lb
- ☐ Bacon, 16 oz (optional) ☐ Protein powder, vanilla, 3 cups

Dairy

- ☐ Milk, 3 quarts
- ☐ Greek yogurt, plain, 32 oz
- ☐ Shredded cheese (cheddar/Jack), 24 oz
- ☐ Sliced cheese (Swiss/provolone), 12–16 slices
- ☐ Butter or ghee, 1.5 sticks

Grains & breads

- ☐ Old-fashioned rolled oats, 14 cups
- ☐ Whole-wheat English muffins, 12–16
- ☐ Large tortillas, 12–16
- ☐ Frozen shredded hash browns, 3 lb
- ☐ Sweet potatoes, 6–7 medium (about 4.5 lb)
- ☐ Maple syrup, 1.5 cups

Produce

- ☐ Yellow onions, four medium
- ☐ Green bell peppers, 4
- ☐ Red bell peppers, 3
- ☐ Mushrooms, sliced, 24 oz
- ☐ Baby spinach, 16 oz
- ☐ Garlic, 1 bulb
- ☐ Bananas, four large (optional)

Pantry & spices

- ☐ Baking powder, one tin
- ☐ Baking soda, one tin
- ☐ Chia seeds or ground flaxseed, one small bag
- ☐ Unsweetened applesauce, 1.5 cups
- ☐ Vanilla extract, 3 tbsp
- ☐ Cinnamon, one jar
- ☐ Cardamom, ground, one jar
- ☐ Ginger, ground, one jar
- ☐ Cloves, ground, one jar
- ☐ Salt and black pepper
- ☐ Olive or avocado oil spray, one bottle
- ☐ Parchment paper or silicone mats
- ☐ Freezer-safe bags or meal-prep containers
- ☐ Salsa or hot sauce (optional)

Recipe mapping

- Baked Vanilla Protein Oats: oats, vanilla protein powder, milk, Greek yogurt (optional), maple syrup, vanilla, cinnamon, chia seeds/flax seeds, baking powder, salt.
- Chai Spice Protein Breakfast Cookies: oats, vanilla protein powder, bananas/applesauce, eggs or flax eggs, maple syrup, baking powder, chai spices, vanilla, salt, chia/flax.
- Denver Omelet Breakfast Burritos: eggs, deli ham, green + red peppers, onion, shredded cheese, spinach (opt), tortillas, oil spray, salt/pepper, salsa opt.
- Make-Ahead Freezer Breakfast Sandwiches: eggs, English muffins, sliced cheese, oil spray, salt/pepper; turkey sausage or bacon optional.
- Sausage Hash Brown Egg Bake: eggs, turkey sausage, frozen hash browns, onion, bell pepper, mushrooms, spinach, shredded cheese, milk, salt/pepper.
- Sweet Potato Breakfast Casserole: eggs, turkey sausage or bacon, sweet potatoes, onion, mushrooms, spinach, cheese optional, milk, garlic, salt/pepper.

Batch yields and macros per serving (estimated, 8 servings per recipe)

- Baked Vanilla Protein Oats: 8 servings; ~290 kcal, 20g P, 38g C, 7g F, 6g fiber
- Chai Protein Cookies: 16 cookies (2 per serving = 8 servings); ~260 kcal, 18g P, 28g C, 8g F, 5g fiber
- Denver Burritos: 8 burritos; ~420 kcal, 28g P, 36g C, 16g F, 4g fiber
- Freezer Breakfast Sandwiches: 8 sandwiches; ~380 kcal, 24g P, 34g C, 16g F, 3g fiber
- Sausage Hash Brown Egg Bake: 8 servings; ~360 kcal, 26g P, 20g C, 20g F, 3g fiber
- Sweet Potato Breakfast Casserole: 8 servings; ~370 kcal, 25g P, 28g C, 18g F, 4g fiber

2-hour prep timeline

1. Preheat oven to 400°F. Line pans and grease casserole dishes.
2. Peel, cube, and roast sweet potatoes 20 minutes; cool.
3. Brown turkey sausage. Sauté onions, peppers, mushrooms; wilt spinach.
4. Mix and bake Sausage Hash Brown Egg Bake (25–35 min).
5. Mix and bake Sweet Potato Breakfast Casserole (25–35 min).
6. Stir Baked Vanilla Protein Oats; bake (25–30 min).
7. Make Chai Cookies; bake 10–12 min per tray.
8. Sheet-bake or scramble eggs for sandwiches; assemble sandwiches and burritos; wrap and freeze.
9. Cool for 15 min; slice into 8; pack and label.

Reheat guide

- Burritos/Sandwiches: microwave 60–90 sec, or air fry 6–8 min at 350°F.
- Egg Bakes/Casserole: microwave 60–90 sec.
- Oats: microwave 45–60 sec; add milk or yogurt.

