

THE SHOPPING LIST

Round Three

Ingredients

- 8 cups rolled oats
(not instant oats)
- 5 cups quinoa flour
(can substitute whole wheat flour, if you prefer)
- 1 cup ground flaxseed meal
- 1 cup powdered milk
- 3 cups raisins
- 1 cup chocolate chips
- 1 cup some-other-dried-fruit
(you can try apples, pears, figs, prunes) or nuts
- 2 cups honey
- 1 cup pumpkin seeds
(may use chopped walnuts/pecans/slivered almonds if desired)
- 1/2 cup brown sugar
- 3/4 cup granulated sugar
- 2 cups sunflower seed butter/almond butter/peanut butter
- 2lbs carrots
(if you're lazy in a hurry like me, get baby carrots - you won't have to wash and peel)
- 20 oz baby spinach
- 28 bananas
- 1.5 lbs of whole button, brown, or cremini mushrooms
- 4 quarts (16 cups) whole milk, plus 1/2 cup
(may use unsweetened almond milk if dairy-free)
- 62 eggs
(that's five dozen, plus two ... the thing's called Breakfast for Lunch, for crying out loud!)
- 1lb Swiss cheese
- 1.5lb Parmesan cheese
- 1 1/2 cups greek yogurt (
- 48 slices (about 3-4 loaves) of the heartiest/seediest/nuttiest (if not nut-free)/grainiest or whatever-est good bread
you can get
- 1 cup (2 sticks) butter, plus another 2 Tb (may use coconut oil if dairy-free)
- about 1/4 cup baking powder
- about 1/4 cup vanilla bean paste (may use vanilla extract if desired)

And a few spoonfuls of:

- baking soda
- ground cinnamon
- ground nutmeg
- ground cloves
- ground allspice
- salt
- pepper
- dried thyme
- garlic powder

Menu

1. Fall-flavored Carrot Cake Pancakes
2. Banana French Toast Casserole
3. Crustless Spinach Mini Quiches
4. BONUS snack: Breakfast cookies
5. BONUS snack: Mushroom chips