



BREAKFAST BENTO BOX



INGREDIENTS

ITEM	QUANTITY
• Large Eggs	6
• Low-fodmap Breakfast Sausage	6 Oz.
• Diced Yukon Gold Potatoes	2 Cups
• Garlic-infused Olive Oil	1 Tbsp.
• Smoked Paprika	½ tsp.
• Dried Thyme	½ tsp.
• Salt and Black Pepper, to taste	
• Portions of Berries	3

SERVING SIZE 1



PREPARATION

- ☞ Place the eggs in a saucepan and cover with water.
- ☞ Bring to a boil and cook for 10-11 minutes.
- ☞ Transfer the eggs to an ice bath and allow them to cool completely. Peel and set aside.
- ☞ Preheat the oven to 425°F.
- ☞ Toss the diced potatoes with the garlic-infused olive oil, smoked paprika, thyme, salt, and pepper.
- ☞ Spread the potatoes in a single layer on a parchment-lined baking sheet.
- ☞ Roast for 25-30 minutes, tossing halfway through, until golden and tender.

- ☞ While the potatoes cook, prepare the sausage according to the package directions, making sure it is fully cooked.
- ☞ Allow the potatoes and sausage to cool slightly.
- ☞ Divide the potatoes, sausage, and eggs evenly among 3 meal-prep containers.
- ☞ Add one portion of berries to each container.