

Bedrock Bakers™

GLUTEN FREE · GRAIN FREE · PALEO

The 7 Day Grain Free Breakfast Plan

Seven mornings, three real recipes and four quick builds, all on Pagels and English muffins that hold together.

HOW THIS WEEK WORKS

Everything starts in your freezer.

Keep the bags frozen. Pull tomorrow's muffin or Pagel out the night before, or split it and toast straight from frozen on a lower setting with an extra minute. Then build.

MON	Sausage, Egg and Cheese Sandwich Plain English Muffin · full recipe, page 3	12 min
TUE	Avocado Muffins Plain English Muffin · page 6	5 min
WED	Cheesy Egg Breakfast Pagel Everything Pagel · full recipe, page 4	10 min
THU	Peanut Butter, Banana and Blueberry Pagel Cinnamon Raisin Pagel · page 6	4 min
FRI	Lox Pagel Sesame Pagel · page 6	5 min
SAT	Cinnamon Raisin French Toast Cinnamon Raisin English Muffin · full recipe, page 5	12 min
SUN	Everything Pagel Breakfast Plate Everything Pagel · page 6	15 min

What to have in the house

Four bags from the freezer (any flavor swaps are fine), a dozen eggs, butter, cheddar, cream cheese, an avocado, a banana, a handful of berries, nut butter, and breakfast sausage or smoked salmon if you want them.



MONDAY · THE SANDWICH THAT HOLDS

Sausage, Egg and Cheese Breakfast Sandwich

12 MINUTES · MAKES 1

YOU NEED

- 1 Plain English Muffin, split
- 2 eggs
- 2 tbsp milk
- 1 tbsp butter
- 1 slice cheddar
- 1 cooked breakfast sausage patty
- Chopped chives, salt and pepper

BUILD IT

1. Toast the muffin halves until the edges go golden.
2. Whisk the eggs with the milk and a pinch of salt.
3. Melt the butter in a small pan over medium heat. Warm the sausage patty a minute or two per side, then set it aside.
4. Pour in the eggs and stir slowly on low heat. When they're almost set, lay the cheddar on top and cover for 30 seconds.
5. Bottom half, sausage, cheesy eggs, chives, top half. Pick it up with one hand. It holds.



WEDNESDAY · THE FIRST BITE

Cheesy Egg Breakfast Pagel

10 MINUTES · MAKES 1

YOU NEED

- 1 Everything Pagel, split
- 2 eggs
- 1 tbsp milk
- 2 tbsp butter, divided
- A small handful of shredded white cheddar
- Salt and pepper

BUILD IT

1. Toast the Pagel halves.
2. Whisk the eggs with the milk, salt and pepper.
3. Melt 1 tbsp butter in a nonstick pan over medium low. Add the eggs and keep them moving.
4. As they start to set, scatter the cheese over the top and cover the pan until it melts.
5. Butter the hot Pagel halves with the last tablespoon. Pile the eggs on the bottom half, close it, cut it in half and watch the cheese pull.



SATURDAY · THE SWEET ONE

Cinnamon Raisin French Toast

12 MINUTES | MAKES 1

YOU NEED

- 1 Cinnamon Raisin English Muffin, split
- 1 egg
- ¼ cup milk
- ½ tsp cinnamon
- 1 tbsp butter
- Fresh fruit, butter and maple syrup to finish

BUILD IT

1. Pull the muffin from the freezer and let it thaw on the counter while you make coffee.
2. In a shallow bowl, whisk the egg, milk and cinnamon.
3. Heat the butter in a pan over medium. Dip both sides of each muffin half in the egg mixture.
4. Fry 3 to 5 minutes a side until golden and crisp at the edges.
5. Top with butter, berries or banana and a pour of maple syrup.

Doubles easily for two. The cinnamon raisin muffin brings its own sweetness, so go light on the syrup first.

THE QUICK FOUR

Toast it, top it, done.

The other four mornings. Three take five minutes, Sunday earns a pan.



Avocado Muffins

Smash half an avocado onto both toasted halves. Red onion, chives, cilantro, a squeeze of lime, salt and pepper.

PLAIN ENGLISH MUFFIN



PB, Banana and Blueberry Pagel

Nut butter on both toasted halves, sliced banana, a handful of blueberries, a shake of cinnamon.

CINNAMON RAISIN PAGEL



Lox Pagel

Cream cheese on the toasted Pagel, smoked salmon, capers, finely chopped red onion, fresh dill and a little lemon.

SESAME PAGEL



Everything Pagel Breakfast Plate

Toasted Pagel with cream cheese and everything seasoning, soft scrambled eggs with chives, crisp bacon on the side.

EVERYTHING PAGEL

WHY IT HOLDS TOGETHER

No grains.
No falling apart.

Most gluten free bread is rice flour and gums, and it crumbles the second you pick it up. Ours is built on cassava flour, a grain free root flour with real structure, plus sunflower seed flour in the English muffins and almond flour in the Pagels. That's why a Bedrock muffin can hold a full sandwich and a Pagel can take a cheese pull.



Made in a certified gluten free facility that's fully dedicated, so nothing in the building touches wheat. Certified paleo, vegan, kosher and non GMO. Simple ingredients you can pronounce, and nothing in the bag that doesn't need to be there.

Bedrock Bakers started ten years ago in a CrossFit gym with a bag of cassava flour and a bagel that didn't exist yet. We called it the Pagel. Steven's back running it since June, and the recipes haven't changed.



YOUR FIRST BITE

Your first bite is on us.

Order the bags for this plan, three or more, and one four pack is free. Use the code at checkout.

FIRSTBITE first orders only · three or more bags

Free shipping on orders of $60 or more. And if the week sticks, the Pagel Club ships your bags on your schedule, with free Pagels or muffins in every box.

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