

# HIGH-PROTEIN BREAKFAST IDEAS



## PROTEIN OATS

P: 33g F: 12g C: 46g

*(1 scoop protein, 1/2c oatmeal, 1/2 banana, 1 tbsp nut butter)*



## EGG SANDWICH

P: 33g F: 7g C: 29g

*(English muffin, 4 egg whites, 2oz ham, 1 slice of cheese)*



## PANCAKES

P: 35g F: 4g C: 41g

*(1 scoop protein, 1/2 banana, 2 egg whites, 1/2c oatmeal)*



## EGGS & SAUSAGE

P: 29g F: 23g C: 40g

*(2 eggs, 2 breakfast sausages, 2 pieces of toast)*



## PARFAIT

P: 33g F: 3g C: 55g

*(1.5c yogurt, 1/3c of granola, 1c strawberries, 1/4c blueberries)*



## BURRITO

P: 38g F: 17g C: 28g

*(1 tortilla, 4oz steak, 3 egg whites, 1/4c bell peppers)*



## OMELETE

P: 52g F: 34g C: 7g

*(3 eggs, 4oz chicken, 1/2c avocado, 1oz shredded cheese)*



## BAGEL & LOX

P: 38g F: 23g C: 46g

*(1 bagel, 2 tbsp cream cheese, 4oz lox, tomatoes)*

# Protein Breakfast Reddit Ideas

**Liyong Dong**



## **Protein Breakfast Reddit Ideas:**

## Reviewing **Protein Breakfast Reddit Ideas**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Protein Breakfast Reddit Ideas**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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