

# 19 Mouthwatering HIGH PROTEIN BREAKFASTS



PROTEIN  
FRENCH TOAST



BREAKFAST  
BURRITOS



EGG  
CUPS



CHOCOLATE CHIP  
MUFFINS



CINNAMON  
ROLLS



PROTEIN POWER  
BREAKFAST BOWLS



SCRAMBLED EGGS  
& COTTAGE CHEESE



HIGH-PROTEIN  
AVOCADO TOAST



OAT  
WAFFLES

# Protein Breakfast Guide Tutorial

**Karen Koeppe**



## **Protein Breakfast Guide Tutorial:**

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