

# 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 Tips Sign In

**AW Rasmussen**



**Protein Breakfast Tips Sign In:**

## Whispering the Strategies of Language: An Emotional Quest through **Protein Breakfast Tips Sign In**

In a digitally-driven earth where screens reign great and quick communication drowns out the subtleties of language, the profound strategies and psychological subtleties concealed within words often get unheard. Yet, set within the pages of **Protein Breakfast Tips Sign In** a captivating fictional value sporting with raw emotions, lies an exceptional journey waiting to be undertaken. Penned by a skilled wordsmith, this enchanting opus invites viewers on an introspective journey, delicately unraveling the veiled truths and profound influence resonating within the very cloth of each word. Within the mental depths with this touching review, we will embark upon a sincere exploration of the book's primary styles, dissect its fascinating writing type, and yield to the effective resonance it evokes serious within the recesses of readers' hearts.

<https://socketapi.adit.com/results/Resources/default.aspx/weight%20loss%20plan%20same%20day%20delivery%20tutorial.pdf>

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