

HIGH PROTEIN Breakfast Foods

PLANT BASED



TEMPEH

Protein: 16g
Carbs: 8g
Calories: 164



QUINOA

Protein: 4.4g
Carbs: 21.3g
Calories: 120



AMARANTH

Protein: 9.3g
Carbs: 46g
Calories: 251

ANIMAL BASED



EGGS

Protein: 11g
Carbs: 0.6g
Calories: 126



COTTAGE CHEESE

Protein: 11g
Carbs: 3.4g
Calories: 98



GREEK YOGURT

Protein: 16g
Carbs: 6g
Calories: 104



CHICKEN BREAST

Protein: 31g
Carbs: 0g
Calories: 164



TURKEY BREAST

Protein: 24g
Carbs: 0g
Calories: 135



TUNA

Protein: 24g
Carbs: 0g
Calories: 112

*Nutrients per serving
**Source: USDA

Protein Breakfast Stagram Picks Update

Ying-Ying Zheng



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