

6 HIGH-PROTEIN MEALS

BREAKFAST

@iqphysique96



Omelette

Eggs | Egg whites | Peppers



Proats

Oats | Whey protein



Greek yogurt

Nonfat Greek yogurt | Berries



Egg sandwich

Eggs | Whole wheat toast
| Low-fat cheese



On-the-go

Whey protein shake | Fruit



Guac toast

Avocado | Whole wheat
toast | Turkey bacon

Morning Routine Protein Breakfast In The Us

R Bogdan



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