

HIGH-PROTEIN

FULL DAY OF MEALS



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YOGURT
1 yogurt

GRANOLA
1/2 cup

BERRIES
1/2 cup

BANANA
1/2 banana

PARFAIT
P: 25g F: 4g C: 59g



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PITA
2 pitas

STEAK
6oz

TZATZIKI
1/4 cup

TOMATOES
2 slices

STEAK GYROS
P: 47g F: 13g C: 61g



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PASTA
2 cups

CHICKEN
6oz

MARINARA
1/2 cup

CHEESE
2 tbsp

CHICKEN PARM
P: 56g F: 9g C: 87g

Protein Breakfast Fantasy Football Tips

Raffaela Di Napoli



Protein Breakfast Fantasy Football Tips:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Experience Love's Journey in **Protein Breakfast Fantasy Football Tips** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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