



## High-Protein Breakfasts Without Eggs



# Protein Breakfast Today

**Lingjun Ying**



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web as compared to 4140 the 4145 mod grade has higher levels of chromium and molybdenum which will provide much deeper hardening into the steel after austenitizing quenching and tempering this alloy should not be confused with aisi 4145 as the chemical limits for the modified version are much higher