

High protein, low cal breakfast 🌞🍓

Total: 320cal, 33g protein

1 local peach and handful of
Ontario strawberries
- 60cal

2 farm fresh eggs
- 130cal
- 12.5g protein



Sauerkraut
- 30cal
- happy gut

2 organic chicken sausages
- 100 cal
- 20g protein

Protein Breakfast Venmo Review

Louise Kang



Protein Breakfast Venmo Review:

100 High Protein Breakfasts Louise Kang, 2017

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