

HIGH-PROTEIN

BREAKFAST IDEAS



PROTEIN OATS

P: 33g F: 12g C: 46g

(1 scoop protein, 1/2c oatmeal, 1/2 banana, 1 tbsp nut butter)



EGG SANDWICH

P: 33g F: 7g C: 29g

(English muffin, 4 egg whites, 2oz ham, 1 slice of cheese)



PANCAKES

P: 35g F: 4g C: 41g

(1 scoop protein, 1/2 banana, 2 egg whites, 1/2c oatmeal)



EGGS & SAUSAGE

P: 29g F: 23g C: 40g

(2 eggs, 2 breakfast sausages, 2 pieces of toast)



PARFAIT

P: 33g F: 3g C: 55g

(1.5c yogurt, 1/3c of granola, 1c strawberries, 1/4c blueberries)



BURRITO

P: 38g F: 17g C: 28g

(1 tortilla, 4oz steak, 3 egg whites, 1/4c bell peppers)



OMELETE

P: 52g F: 34g C: 7g

(3 eggs, 4oz chicken, 1/2c avocado, 1oz shredded cheese)



BAGEL & LOX

P: 38g F: 23g C: 46g

(1 bagel, 2 tbsp cream cheese, 4oz lox, tomatoes)

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Whispering the Secrets of Language: An Psychological Quest through **Protein Breakfast Tips Sign In**

In a digitally-driven world where displays reign great and instant interaction drowns out the subtleties of language, the profound secrets and psychological nuances concealed within words frequently get unheard. However, nestled within the pages of **Protein Breakfast Tips Sign In** a interesting fictional treasure blinking with organic thoughts, lies an exceptional journey waiting to be undertaken. Composed by a talented wordsmith, that enchanting opus attracts visitors on an introspective journey, gently unraveling the veiled truths and profound impact resonating within the very cloth of each word. Within the emotional depths of the emotional review, we will embark upon a sincere exploration of the book is primary styles, dissect their interesting writing style, and succumb to the powerful resonance it evokes deep within the recesses of readers hearts.

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