

# 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)*

# Protein Breakfast Best Sign In

**George Arthur Rice**



**Protein Breakfast Best Sign In:**

## Decoding **Protein Breakfast Best Sign In**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Protein Breakfast Best Sign In**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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