

3 HIGH PROTEIN BREAKFAST IDEAS

HIGH PROTEIN BREAKFAST OPTIONS WHICH CONTAIN A GREAT MIX OF WHOLE GRAINS, FRUIT, DAIRY & FAT SOURCES



Wholemeal flour, egg whites, cinnamon, whey protein, frozen blueberries, high protein yoghurt, peanut butter



Protein Pancakes



Oats, banana, strawberries, chia seeds, low fat milk, protein powder



Breakfast Smoothie



Wholemeal bread, cottage cheese, avocado, boiled eggs



Stacked Avocado Toast

Protein Breakfast Best Setup

ML Morrison



Protein Breakfast Best Setup:

Good Housekeeping ,1980 Look ,1954 Nature's Big, Beautiful, Bountiful, Feel-good Book ,1977 **Journal of Health, Physical Education, Recreation** ,1941 *What's New in Home Economics* ,1957 **Vegetarian Times** ,1999-09 **Agricultural Leaders' Digest** ,1944 The Northwestern Miller ,1930 **Health Reformer** John Harvey Kellogg,James Thomas Case,1914 **The Washingtonian** ,1982 **The Standard** ,1916 National Stockman and Farmer ,1906 Hygeia ,1938 **Farmstead, Stock and Home** ,1914 **Journal of the Society of Chemical Industry** ,1923 **The Homestead** ,1916 Arkansas Vocational Visitor ,1946 **Kimball's Dairy Farmer** ,1911 **The Saturday Evening Post** ,1926 **Medical Journal of Australia** ,1926

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