

# 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 Reddit Pro This Month

**Louise Kang**



## **Protein Breakfast Reddit Pro This Month:**

**100 High Protein Breakfasts** Louise Kang,2017 *High Protein Breakfast Recipes With Egg* Lizzy Caston,2024-01-04 Ditch the Drab Embrace the Fab Fuel Your Day with 55 Eggcellent High Protein Breakfasts Tired of the same old toast and yogurt Craving mornings that burst with energy and flavor Look no further than HIGH PROTEIN BREAKFAST RECIPES WITH EGG 55 Easy Simple And Delicious Recipes That Are Protein Rich This game changer cookbook is your passport to mornings packed with mouthwatering protein powered goodness Ditch the boring and rediscover the magic of breakfast with Effortless egg masterpieces Scrambled fried poached baked eggs take center stage in a symphony of tastes from creamy Hollandaise to fiery salsa Beyond the ordinary Forget omelets Dive into savory frittatas protein packed breakfast bakes and even sweet meringues for a touch of decadence Time saving tricks Whip up breakfasts in a flash with 30 minute meals or prep ahead options for grab and go mornings Nutrient packed powerhouses Each recipe boasts a protein punch keeping you fueled and focused throughout the day Flavor fireworks for every palate From savory to sweet spicy to comforting there's something for every craving Say goodbye to boring and hello to a protein packed revolution Inside this book you'll find 55 easy to follow recipes for every skill level Simple pantry staples transformed into breakfast masterpieces Nutritional breakdowns so you can fuel your body right Tips and tricks to save time and elevate your dishes HIGH PROTEIN BREAKFAST RECIPES WITH EGG is your key to unlocking mornings that are delicious nutritious and effortlessly satisfying Start your day the right way get your copy today

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