

# HIGH PROTEIN Breakfast Foods

## PLANT BASED



### TEMPEH

**Protein:** 16g  
**Carbs:** 8g  
**Calories:** 164



### QUINOA

**Protein:** 4.4g  
**Carbs:** 21.3g  
**Calories:** 120



### AMARANTH

**Protein:** 9.3g  
**Carbs:** 46g  
**Calories:** 251

## ANIMAL BASED



### EGGS

**Protein:** 11g  
**Carbs:** 0.6g  
**Calories:** 126



### COTTAGE CHEESE

**Protein:** 11g  
**Carbs:** 3.4g  
**Calories:** 98



### GREEK YOGURT

**Protein:** 16g  
**Carbs:** 6g  
**Calories:** 104



### CHICKEN BREAST

**Protein:** 31g  
**Carbs:** 0g  
**Calories:** 164



### TURKEY BREAST

**Protein:** 24g  
**Carbs:** 0g  
**Calories:** 135



### TUNA

**Protein:** 24g  
**Carbs:** 0g  
**Calories:** 112

\*Nutrients per serving  
\*\*Source: USDA

# Protein Breakfast Stagram Picks 2025

**Rachel S Tattersall**



## **Protein Breakfast Stagram Picks 2025:**

## Unveiling the Magic of Words: A Report on "**Protein Breakfast Stagram Picks 2025**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Protein Breakfast Stagram Picks 2025**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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