

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 Guide

Martin Repecky



Protein Breakfast Reddit Pro Guide:

Embracing the Melody of Phrase: An Psychological Symphony within **Protein Breakfast Reddit Pro Guide**

In a global consumed by screens and the ceaseless chatter of immediate conversation, the melodic beauty and emotional symphony produced by the published word often diminish into the backdrop, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, located within the pages of **Protein Breakfast Reddit Pro Guide** an enchanting literary prize overflowing with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, this interesting masterpiece conducts viewers on a mental trip, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously crafted phrase. Within the depths with this poignant analysis, we can examine the book is key harmonies, analyze its enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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