

**30g Protein**

**Yogurt Bowl:**

- +1 cup 2% plain Greek yogurt
- +1oz sliced almonds
- +1/2 cup raspberries



Calories: 362  
 Fat: 19g  
 Carbs: 22g  
 Sugar: 13g  
 Fiber: 7g

**29g Protein**

**Omelet:**

- +1 egg
- +2 egg whites
- +2oz chicken apple sausage
- +1/2 cup spinach



Calories: 276  
 Fat: 16g  
 Carbs: 5g  
 Sugar: 2g  
 Fiber: 1g

**30g Protein**

**Breakfast Burrito:**

- +1 whole-wheat tortilla
- +1 egg
- +2 egg whites
- +1/4 cup black beans
- +1/4 cup shredded cheese
- +3 slices tomato



Calories: 399  
 Fat: 17g  
 Carbs: 37g  
 Sugar: 6g  
 Fiber: 8g

**30g Protein**

**Avocado Toast:**

- +1 slice whole-wheat toast
- +1/4 avocado
- +3oz smoked salmon
- +1 fried egg



Calories: 290  
 Fat: 18g  
 Carbs: 21g  
 Sugar: 6g  
 Fiber: 5g

**29g Protein**

**Cereal:**

- +1 1/2 cups Kashi GOLEAN cereal
- +1 cup skim milk
- +2 tbsp hemp seeds
- 1/3 cup blueberries



Calories: 399  
 Fat: 17g  
 Carbs: 37g  
 Sugar: 6g  
 Fiber: 8g

**29g Protein**

**Banana PB Smoothie:**

- +1 cup 2% plain Greek yogurt
- +1 small frozen banana
- +2 tsp peanut butter
- +1 tsp chia seeds
- 1 tsp cocoa powder
- +1/2 cup unsweetened almond milk



Calories: 423  
 Fat: 15g  
 Carbs: 48g  
 Sugar: 10g  
 Fiber: 12g

# Protein Breakfast Guide Customer Service

**JA Banks**



**Protein Breakfast Guide Customer Service:**

## **Protein Breakfast Guide Customer Service** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Protein Breakfast Guide Customer Service**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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