

# High protein, low cal breakfast 🌞🍓

Total: 320cal, 33g protein

1 local peach and handful of  
Ontario strawberries  
- 60cal

2 farm fresh eggs  
- 130cal  
- 12.5g protein



Sauerkraut  
- 30cal  
- happy gut

2 organic chicken sausages  
- 100 cal  
- 20g protein

# Latest Iphone Protein Breakfast Best

**G Orfield**



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