

# High-Protein Breakfast Combos



1/2 cup  
oats

+



1 cup  
milk

+



2 tbsp.  
PB

=

20 grams  
protein



2 large  
eggs

+



2 slices  
bread

+



1 oz.  
cheddar

=

27 grams  
protein



1/2 cup  
cottage cheese

+



1 oz.  
almonds

+



1 tbsp.  
chia seeds

=

23 grams  
protein



2 oz.  
turkey sausage

+



1 cup  
beans

+



1 oz.  
feta

=

31 grams  
protein

# Protein Breakfast Deal Tutorial

**William Gould Vinal**



## **Protein Breakfast Deal Tutorial:**

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