Best High-Protein Breakfast for Weight Loss

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)

PARFAIT
P: 33g F: 3g C: 55g

(1.5c yogurt, 1/3c of ranola, 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)

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