

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

Raffaela Di Napoli



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Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Protein Breakfast Guide Customer Service**

In some sort of inundated with displays and the cacophony of quick interaction, the profound energy and emotional resonance of verbal beauty frequently diminish into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, set within the musical pages of **Protein Breakfast Guide Customer Service**, a charming function of fictional splendor that pulses with natural thoughts, lies an unique trip waiting to be embarked upon. Written by way of a virtuoso wordsmith, that exciting opus books viewers on a mental odyssey, delicately revealing the latent potential and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is central themes, dissect its interesting publishing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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