

HIGH-PROTEIN

FULL DAY OF MEALS

	+		+		+		=	
YOGURT <i>1 yogurt</i>		GRANOLA <i>1/2 cup</i>		BERRIES <i>1/2 cup</i>		BANANA <i>1/2 banana</i>		PARFAIT <i>P: 25g F: 4g C: 59g</i>
	+		+		+		=	
PITA <i>2 pitas</i>		STEAK <i>6oz</i>		TZATZIKI <i>1/4 cup</i>		TOMATOES <i>2 slices</i>		STEAK GYROS <i>P: 47g F: 13g C: 61g</i>
	+		+		+		=	
PASTA <i>2 cups</i>		CHICKEN <i>6oz</i>		MARINARA <i>1/2 cup</i>		CHEESE <i>2 tbsp</i>		CHICKEN PARM <i>P: 56g F: 9g C: 87g</i>

Protein Breakfast Fantasy Football Compare

RJ Alexander



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