



# A PROTEIN PACKED BREAKFAST

*Breakfasts with 30  
grams of protein*

Megan Ostler MS, RDN

# Protein Breakfast Guide

**Michael Seilmaier**



## **Protein Breakfast Guide:**

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mccartney invited his friend george harrison then aged fifteen to watch the band harrison auditioned for lennon impressing him with his playing but lennon initially thought harrison was too young

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