

# 6 HIGH-PROTEIN MEALS

# BREAKFAST

@iqphysique96



**Omelette**

Eggs | Egg whites | Peppers



**Proats**

Oats | Whey protein



**Greek yogurt**

Nonfat Greek yogurt | Berries



**Egg sandwich**

Eggs | Whole wheat toast  
| Low-fat cheese



**On-the-go**

Whey protein shake | Fruit



**Guac toast**

Avocado | Whole wheat  
toast | Turkey bacon

# Protein Breakfast Morning Routine Today

**Robert R. Redfield**



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