

HIGH-PROTEIN

BREAKFAST IDEAS



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)



EGGS & SAUSAGE

P: 29g F: 23g C: 40g

(2 eggs, 2 breakfast sausages, 2 pieces of toast)



PARFAIT

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

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



BAGEL & LOX

P: 38g F: 23g C: 46g

(1 bagel, 2 tbsp cream cheese, 4oz lox, tomatoes)

Protein Breakfast Best Sign In

TD Snyder



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Enjoying the Tune of Term: An Emotional Symphony within **Protein Breakfast Best Sign In**

In a global eaten by monitors and the ceaseless chatter of fast conversation, the melodic beauty and psychological symphony produced by the written term usually disappear in to the background, eclipsed by the constant noise and distractions that permeate our lives. However, set within the pages of **Protein Breakfast Best Sign In** an enchanting literary value overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts readers on an emotional journey, skillfully unraveling the concealed songs and profound affect resonating within each carefully constructed phrase. Within the depths of the touching assessment, we can investigate the book is key harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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