

**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 Download](#)

**Mark Hyman**



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**Purdue Agriculture Magazine**, 2007

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