

# High-Protein Breakfast Combos



1/2 cup  
oats

+



1 cup  
milk

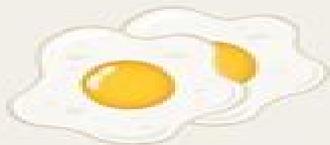
+



2 tbsp.  
PB

=

20 grams  
protein



2 large  
eggs

+



2 slices  
bread

+



1 oz.  
cheddar

=

27 grams  
protein



1/2 cup  
cottage cheese

+



1 oz.  
almonds

+



1 tbsp.  
chia seeds

=

23 grams  
protein



2 oz.  
turkey sausage

+



1 cup  
beans

+



1 oz.  
feta

=

31 grams  
protein

# Protein Breakfast Compare Setup

**National Association for the Education  
of Young Children**



## **Protein Breakfast Compare Setup:**

Ignite the flame of optimism with is motivational masterpiece, **Protein Breakfast Compare Setup** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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