

# 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)*

# Reddit Pro Protein Breakfast This Week

**Marcel A. Müller**



**Reddit Pro Protein Breakfast This Week:**

## Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Reddit Pro Protein Breakfast This Week**

In some sort of inundated with screens and the cacophony of quick communication, the profound energy and emotional resonance of verbal beauty frequently fade into obscurity, eclipsed by the constant onslaught of sound and distractions. However, situated within the lyrical pages of **Reddit Pro Protein Breakfast This Week**, a fascinating function of fictional brilliance that impulses with organic thoughts, lies an unforgettable journey waiting to be embarked upon. Published by a virtuoso wordsmith, this exciting opus guides readers on an emotional odyssey, lightly exposing the latent potential and profound affect stuck within the intricate web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is main subjects, dissect its charming publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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