

# Breakfast Proteins

SAUSAGE OR  
GROUND  
MEAT



PROTEIN POWDER  
*(in smoothie or  
oatmeal)*



EGGS



BEANS &  
LENTILS



OVERNIGHT  
QUINOA



QUALITY  
DAIRY



NUT BUTTER



LEFTOVER  
MEAT OR FISH

NUTS & SEEDS



# Protein Breakfast Review Tutorial

**Yi-Tong Ma**



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