

3 HIGH PROTEIN BREAKFAST IDEAS

HIGH PROTEIN BREAKFAST OPTIONS WHICH CONTAIN A GREAT MIX OF WHOLE GRAINS, FRUIT, DAIRY & FAT SOURCES



Wholemeal flour, egg whites, cinnamon, whey protein, frozen blueberries, high protein yoghurt, peanut butter



Protein Pancakes



Oats, banana, strawberries, chia seeds, low fat milk, protein powder



Breakfast Smoothie



Wholemeal bread, cottage cheese, avocado, boiled eggs



Stacked Avocado Toast

Protein Breakfast Best Returns

**Thirumalaisamy P.
Velavancorresponding**

Protein Breakfast Best Returns:

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, **Protein Breakfast Best Returns** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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