

High-Protein Breakfast Combos


$$\begin{array}{c} \text{1/2 cup oats} \\ + \\ \text{1 cup milk} \\ + \\ \text{2 tbsp. PB} \end{array} = 20 \text{ grams protein}$$


$$\begin{array}{c} \text{2 large eggs} \\ + \\ \text{2 slices bread} \\ + \\ \text{1 oz. cheddar} \end{array} = 27 \text{ grams protein}$$


$$\begin{array}{c} \text{1/2 cup cottage cheese} \\ + \\ \text{1 oz. almonds} \\ + \\ \text{1 tbsp. chia seeds} \end{array} = 23 \text{ grams protein}$$


$$\begin{array}{c} \text{2 oz. turkey sausage} \\ + \\ \text{1 cup beans} \\ + \\ \text{1 oz. feta} \end{array} = 31 \text{ grams protein}$$

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Practical Applications In Sports Nutrition - BOOK ALONE Heather Hedrick Fink, Alan E. Mikesky, Lisa A. Burgoon, 2011-07-26 Practical Applications in Sports Nutrition Third Edition provides students and practitioners with the latest sports nutrition information and dietary practices so they can assist athletes and fitness enthusiasts in achieving their personal performance goals. This text not only provides the most current sports nutrition guidelines and research but also includes the tools and guidance necessary to most appropriately apply the information in the real world. It demonstrates effective ways to communicate sports nutrition messages to athletes and how to motivate individuals to make permanent behavior change. Early chapters provide an introduction to sports nutrition and give a thorough explanation of macronutrients, micronutrients and water and their relation to athletic performance. Later chapters focus on the practical and applied aspects of sports nutrition including behavior change through consultations and weight management. Chapter 15 targets the unique nutrition requirements of special populations such as athletes who are pregnant, vegetarian or have chronic diseases. The text concludes with a chapter dedicated to helping readers discover the pathway to becoming a sports dietitian through education and experience.

Saunders Q&A Review for the NCLEX-RN® Examination E-Book Linda Anne Silvestri, 2011-11-23 With more than 5,800 test questions, *Saunders Q&A Review for the NCLEX RN Examination* 5th Edition provides the practice you need to succeed on the NCLEX RN exam. To enhance your review, each question includes a test-taking strategy, rationales for correct and incorrect answers, and page references to major nursing textbooks. The companion Evolve website adds a pre-test to help in identifying any areas of weakness and lets you answer questions in quiz, study, or exam mode. Written by NCLEX review expert Linda Anne Silvestri, this book organizes questions to match the Client Needs and Integrated Processes found in the most recent NCLEX RN test plan. This review is part of the popular *Saunders Pyramid to Success*, which has helped more than 1.5 million nurses pass the NCLEX exam. A detailed test-taking strategy is included for each question, providing clues for analyzing and selecting the correct answer. Rationales are provided for both correct and incorrect answer options. Questions categorized by Cognitive Level, Client Needs area, Integrated Process, and clinical content area help you focus on the question types you find most difficult. All alternate item format questions, multiple-response prioritizing, fill-in-the-blank, figure illustration, hot spot, audio, video, and chart exhibit are included. Chapters organized by Client Needs simplify your review and reflect the question mix in the NCLEX RN test plan blueprint. A 85-question comprehensive exam represents the content and percentages of question types identified in the NCLEX RN test plan. Preparation for your NCLEX RN review includes chapters on nonacademic preparation, test-taking strategies, the CAT format, and a view of the NCLEX RN from a new graduate's perspective. Page references to Elsevier textbooks direct you to remediation material for any question answered incorrectly. A companion Evolve website includes a pre-test to help in identifying any areas of weakness and lets you answer questions in quiz, study, or exam mode. Automatic updates of the Evolve

site allow you to check for changes to content or functionality throughout the life of the edition Content from the most recent NCLEX RN test plan covers the newest topics you could see on the exam 600 questions are added for a total of 5 800 in the book and on the companion Evolve website Hundreds of new alternate item format questions provide even more opportunity for practice A Priority Nursing Tip is included with each question providing important patient care information A full color design and over 20 new figures enhance understanding and increase the book s visual appeal Review format includes chapters on how to study for and take the NCLEX examination and includes a test for each Client Need category a test on Integrated Processes and a comprehensive test for practice in answering questions from all areas A new content area index makes it easier to find questions and review a given disorder topic **Vegetarian Times** ,1999-12 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Team Nutrition Connections** ,2002 **Consumer Sourcebook** ,2005 **Simply Good**

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Vegetarian Times ,2000-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Vegetarian Times** ,1999-11

Consumer Sourcebook Matthew Miskelly,2007-06-20 P IConsumer Sourcebook I provides a comprehensive digest of accessible resources and advisory information for the American consumer This new edition identifies and describes some 23 000 programs and services available to the general public at little or no cost These services are provided by federal state county and local governments and their agencies as well as by organizations and associations PConsumer affairs and customer services departments for corporations are also listed as well as related publications multimedia products general

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