

High Protein Breakfast Options

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Chia Seeds Water



Almonds
10 count



Scrambled Eggs
2 count



Cheese Slice
1 count



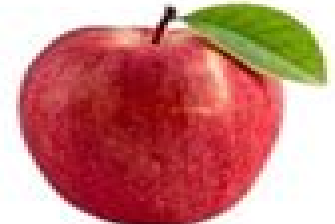
Chia Seeds Pudding



Pumpkin Seeds
1 TSP



Boiled Eggs
2 count



Apple
1 count



Oatmeal



peanut butter
1 tbsp



Greek Yogurt
1 cup



Berries
1/2 cup

Protein Breakfast Update Tutorial

Timothy O'Leary, Linda I. O'Leary



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