

High protein, low cal breakfast ☀️🍓

Total: 320cal, 33g protein

1 local peach and handful of Ontario strawberries
- 60cal

2 farm fresh eggs
- 130cal
- 12.5g protein



Sauerkraut
- 30cal
- happy gut

2 organic chicken sausages
- 100 cal
- 20g protein

Protein Breakfast Latest Setup

Peipei Pang

Protein Breakfast Latest Setup:

Fuel your quest for knowledge with this thought-provoking masterpiece, Explore **Protein Breakfast Latest Setup**. This educational ebook, conveniently sized in PDF (*), is a gateway to personal growth and intellectual stimulation. Immerse yourself in the enriching content curated to cater to every eager mind. Download now and embark on a learning journey that promises to expand your horizons. .

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