



# PROTEIN PANCAKES

@PUREHEALTHNFITNESS

## FAT LOSS



**EGG**  
**1**



**EGG WHITES**  
**2**



**PROTEIN**  
**1 scoop**



**SUGAR FREE**  
**SYRUP**  
**2 tbsp**



**BLUEBERRIES**  
**2oz**



**250 cals**

**37 protein**

## MUSCLE GAIN



**EGG**  
**2**



**OATS**  
**1/4 cup**  
**(blended)**



**PROTEIN**  
**1 scoop**



**BANANA**  
**1**



**PEANUT BUTTER**  
**2tbsp (topping)**



**640 cals**

**49 protein**

# Protein Breakfast Vs

**Jianjun Gao**



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