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# Menu Nutrition

## Breakfast

### Biscuit



290 Calories  
16g Fat  
32g Carbs  
5g Protein

### Biscuit With Bacon



355 Calories  
22g Fat  
32g Carbs  
8g Protein

### Biscuit With Sausage



520 Calories  
38g Fat  
32g Carbs  
16g Protein

### Egg & Cheese Biscuit



425 Calories  
26g Fat  
32g Carbs  
14g Protein

### Biscuits & Gravy



470 Calories  
29g Fat  
46g Carbs  
7g Protein

### Egg Sandwich



310 Calories  
12g Fat  
34g Carbs  
15g Protein

### Biscuit Sandwich with Bacon



500 Calories  
32g Fat  
32g Carbs  
18g Protein

### Biscuit Sandwich with Sausage



665 Calories  
48g Fat  
32g Carbs  
25g Protein

### Honey Butter Chicken Biscuit



560 Calories  
35g Fat  
50g Carbs  
13g Protein

### Taquito With Cheese & Potato



450 Calories  
25g Fat  
38g Carbs  
17g Protein

### Taquito With Cheese & Bacon



405 Calories  
22g Fat  
28g Carbs  
20g Protein

### Taquito With Cheese & Sausage



440 Calories  
26g Fat  
28g Carbs  
19g Protein

### Pancakes



630 Calories  
17g Fat  
108g Carbs  
9g Protein

### Breakfast Bowl with Bacon



775 Calories  
50g Fat  
53g Carbs  
27g Protein

### Breakfast Bowl with Sausage



940 Calories  
66g Fat  
53g Carbs  
34g Protein

### Breakfast on a Bun (Sausage)



525 Calories  
32g Fat  
34g Carbs  
26g Protein

### Breakfast Burger



670 Calories  
38g Fat  
51g Carbs  
28g Protein

### Hash Brown Sticks



190 Calories  
11g Fat  
21g Carbs  
2g Protein

# Protein Breakfast Prices

**Yi-Tong Ma**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

## Protein Breakfast Prices:

## **Protein Breakfast Prices** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Protein Breakfast Prices**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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