

30g Protein

Calories: 362

Fat: 19g

Carbs: 22g

Sugar: 13g

Fiber: 7g

Yogurt Bowl:

- + 1 cup 2% plain Greek yogurt
- + 1 oz sliced almonds
- + 1/2 cup raspberries

**30g Protein**

Calories: 399

Fat: 17g

Carbs: 37g

Sugar: 6g

Fiber: 8g

Breakfast Burrito:

- + 1 whole-wheat tortilla
- + 1 egg
- + 2 egg whites
- + 1/4 cup black beans
- + 1/4 cup shredded cheese
- + 3 slices tomato

**29g Protein**

Calories: 399

Fat: 17g

Carbs: 37g

Sugar: 6g

Fiber: 8g

Cereal:

- + 1 1/2 cups Kashi GOLEAN cereal
- + 1 cup skim milk
- + 2 tbsp hemp seeds
- 1/3 cup blueberries

**29g Protein**

Calories: 276

Fat: 16g

Carbs: 5g

Sugar: 2g

Fiber: 1g

Omelet:

- + 1 egg
- + 2 egg whites
- + 2oz chicken apple sausage
- + 1/2 cup spinach

**30g Protein**

Calories: 290

Fat: 18g

Carbs: 21g

Sugar: 6g

Fiber: 5g

Avocado Toast:

- + 1 slice whole-wheat toast
- + 1/4 avocado
- + 3oz smoked salmon
- + 1 fried egg

**29g Protein**

Calories: 423

Fat: 15g

Carbs: 48g

Sugar: 10g

Fiber: 12g

Banana PB Smoothie:

- + 1 cup 2% plain Greek yogurt
- + 1 small frozen banana
- + 2 tsp peanut butter
- + 1 tsp chia seeds
- 1 tsp cocoa powder
- + 1/2 cup unsweetened almond milk



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Real Guides,Deborah Bosley

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Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center

Food and Nutrition Information and Educational Materials Center (U.S.),1975 Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center ,1975 The Rough Guide to Holland Martin

Dunford,Jack Holland,Phil Lee,2000 This handbook to Holland presents accounts of all there is to do and see It includes reviews of where to stay eat and drink from Amsterdam s designer bars tot he small town cafes of provincial Holland There is also a discussion of Holland s history art and literature **Bowker's Complete Video Directory, 1998** ,1998

Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975

National Agricultural Library (U.S.),1975 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.),1973 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index

Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975

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Nutrition Handbook for Teachers, a Supplement to the Curriculum Guides for Elementary School Teachers

Massachusetts. Dept. of Public Health,1952 The American Garden ,1885 **The Illustrated London News** ,1870

Consumers Index to Product Evaluations and Information Sources ,2004 **Publishers' circular and booksellers' record** ,1894 Orange Judd American Agriculturalist ,1881 **The Real Guide** Real Guides,Deborah Bosley,1990-12

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