

# High Protein Breakfast Options

@health24z



Chia Seeds Water



Almonds  
10 count



Scrambled Eggs  
2 count



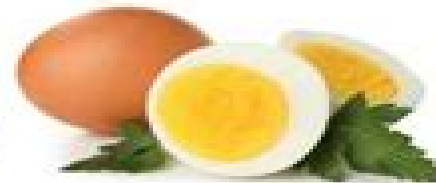
Cheese Slice  
1 count



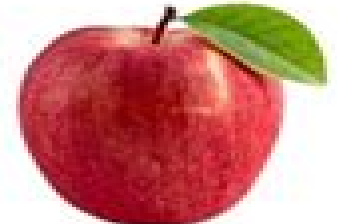
Chia Seeds Pudding



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 Tricks Sign In

**N Noddings**



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