

# HIGH PROTEIN BREAKFAST IDEAS

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**Avocado toast**  
30g protein



**Breakfast burrito**  
30g protein



**Banana PB  
smoothie**  
30g protein



**Omelette**  
29g protein



**Protein pancakes**  
38g protein



**Yoghurt bowl**  
30g protein

# Protein Breakfast Remote Jobs Ideas

**L Cohen**



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