

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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