

High-Protein Breakfast Combos



+



+



=

20 grams
protein

1/2 cup
oats

1 cup
milk

2 tbsp.
PB



+



+



=

27 grams
protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



+



+



=

23 grams
protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



+



+



=

31 grams
protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

Protein Breakfast Discount

Consumer Guide



Protein Breakfast Discount:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Protein Breakfast Discount** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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