

# HIGH-PROTEIN

## BREAKFAST IDEAS



### PROTEIN OATS

P: 33g F: 12g C: 46g

*(1 scoop protein, 1/2c oatmeal, 1/2 banana, 1 tbsp nut butter)*



### EGG SANDWICH

P: 33g F: 7g C: 29g

*(English muffin, 4 egg whites, 2oz ham, 1 slice of cheese)*



### PANCAKES

P: 35g F: 4g C: 41g

*(1 scoop protein, 1/2 banana, 2 egg whites, 1/2c oatmeal)*



### EGGS & SAUSAGE

P: 29g F: 23g C: 40g

*(2 eggs, 2 breakfast sausages, 2 pieces of toast)*



### PARFAIT

P: 33g F: 3g C: 55g

*(1.5c yogurt, 1/3c of granola, 1c strawberries, 1/4c blueberries)*



### BURRITO

P: 38g F: 17g C: 28g

*(1 tortilla, 4oz steak, 3 egg whites, 1/4c bell peppers)*



### OMELETE

P: 52g F: 34g C: 7g

*(3 eggs, 4oz chicken, 1/2c avocado, 1oz shredded cheese)*



### BAGEL & LOX

P: 38g F: 23g C: 46g

*(1 bagel, 2 tbsp cream cheese, 4oz lox, tomatoes)*

# Protein Breakfast Prices Sign In

**William Shurtleff; Akiko Aoyagi**



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*Healthy Food Initiatives, Local Production and Nutrition* United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry, 2013     Healthy Food Diversity as a Concept of Dietary Quality Larissa Sabrina Drescher, 2007

**FCS Research Report**, 1976     **History of Modern Soy Protein Ingredients - Isolates, Concentrates, and Textured Soy Protein Products (1911-2016)** William Shurtleff; Akiko Aoyagi, 2016-01-17 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 405 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books     **Statistics of Farmer Cooperatives, 1972-73, 1973-74, and 1974-75** Bruce L. Swanson, Charles A. Kraenzle, Donald L. Vogelsang, George C. Tucker, James Warren Mather, Jane H. Click, John Thomas Haas, 1975     *ViVa's Healthy Dining Guide* Lisa Margolin, Connie Dee, 2002 The ultimate guide for anyone interested in a heart healthy diet optimum health weight management or simply healthful delicious food with over 2 100 healthy restaurants and markets across the United States     **Super Market Merchandising**, 1956

**Proceedings of the ... Annual Session** Gulf and Caribbean Fisheries Institute, 1966     *Lonely Planet China* Stuart Butler, 2022-05 Lonely Planet's China is your passport to the most relevant up to date advice on what to see and skip and what hidden discoveries await you Explore Beijing's Forbidden City climb the Great Wall and discover sacred Lhasa all with your trusted travel companion Get to the heart of China and begin your journey now Inside Lonely Planet's China Travel Guide Up to date information all businesses were rechecked before publication to ensure they are still open after 2020's COVID 19 outbreak NEW top experiences feature a visually inspiring collection of China's best experiences and where to have them What's NEW feature taps into cultural trends and helps you find fresh ideas and cool new areas NEW pull out passport size Just Landed card with wi fi ATM and transport info all you need for a smooth journey from airport to hotel Improved planning tools for family travellers where to go how to save money plus fun stuff just for kids Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local avoiding crowds and trouble spots Essential info at your fingertips hours of operation websites transit tips prices Honest reviews for all budgets eating sleeping sightseeing going out shopping hidden gems that most guidebooks miss Cultural insights give you a richer more rewarding travel experience history people music landscapes wildlife cuisine politics Over 195 maps Covers Beijing Tianjin it's in every traveller's hands It's on mobile phones It's on the Internet It's everywhere and it's telling entire generations of people how to travel the world Fairfax Media Australia     Proceedings of the Annual Session - Gulf and Caribbean Fisheries Institute Gulf and Caribbean Fisheries Institute, 1970     **Title 7 Agriculture Parts 210-299 (Revised as of January 1, 2014)** Office of The Federal Register, Enhanced by IntraWEB, LLC, 2014 The Code of Federal Regulations Title 7 contains the codified Federal laws and regulations that are in effect as of the date of the publication pertaining to agriculture     *Reference Price Theory* Daniel Steven

Putler,1988      **Fodor's Great American Learning Vacations** Fodor's Travel Publications, Inc. Staff,1997 Increasingly travelers are spending their most memorable vacations pursuing a special interest such as photography writing or bird watching or learning something new like how to play the guitar or paint a picture This comprehensive and authoritative guide describes the many program options available to active learners      Parents, Children, and Change L. Eugene Arnold,1985

**The Effect of Point-of-purchase Sign with Nutrition Information on Consumers' Purchasing Behavior** Takako Inada,1989      **Farm Journal** ,1949      Farm Journal and Country Gentleman ,1956      The Outlook ,2004-08      **Women's Sports** ,1983      **Enhancing Consumer Choice** Robert N. Mayer,American Council on Consumer Interests,1991

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