

# High-Protein Breakfast Combos



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20 grams protein

1/2 cup  
oats

1 cup  
milk

2 tbsp.  
PB



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27 grams protein

2 large  
eggs

2 slices  
bread

1 oz.  
cheddar



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23 grams protein

1/2 cup  
cottage cheese

1 oz.  
almonds

1 tbsp.  
chia seeds



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=

31 grams protein

2 oz.  
turkey sausage

1 cup  
beans

1 oz.  
feta

# Protein Breakfast Tricks

**Raffaela Di Napoli**



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