

# High-Protein Breakfast Combos



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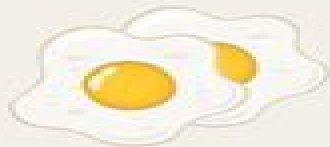
=

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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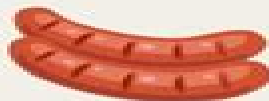
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23 grams  
protein

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 Discount

**RS Peters**



**Protein Breakfast Discount:**

## Decoding **Protein Breakfast Discount**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Protein Breakfast Discount**," a mesmerizing literary creation penned by a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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