

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 Deal

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change their lives around and become healthier and stronger in every way Having been trained in many disciplines in the field of stress anxiety depression and personal development she was able to tailor an individual s requirements according to their specific needs Working with a wide ranging and extensive variety of therapies Mary taught people not just how to cope but how to really live again Many of the techniques and therapies Mary used can be found in this book and include The Simple Principles of the Philosophy of Yoga Pranayama a unique sequence of breath control exercises Relaxation Meditation and Mindfulness Stress and Anxiety Management Depression Management Cognitive Behavioural Therapy CBT Self Esteem and Confidence Building Neuro Linguistic Programming NLP Emotional Freedom Technique EFT Life Coaching

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- Chapter 3: Protein Breakfast Deal in Everyday Life
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- Chapter 5: Conclusion

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6. In chapter 5, this book will draw a conclusion about Protein Breakfast Deal. This chapter will summarize the key points that have been discussed throughout the book.

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