

# 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 Tricks

**R Barnett**



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