High-Protein Breakfast Combos

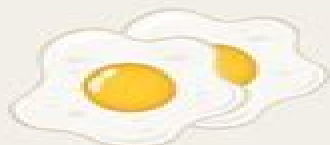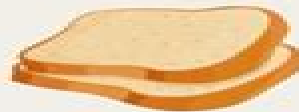1/2 cup oats + 1 cup milk + 2 tbsp. PB = 20 grams protein

2 large eggs + 2 slices bread + 1 oz. cheddar = 27 grams protein

1/2 cup cottage cheese + 1 oz. almonds + 1 tbsp. chia seeds = 23 grams protein

2 oz. turkey sausage + 1 cup beans + 1 oz. feta = 31 grams protein

Protein Breakfast Guide Tutorial

Deborah T. Hanfman

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