

# 3 HIGH PROTEIN BREAKFAST IDEAS

HIGH PROTEIN BREAKFAST OPTIONS WHICH CONTAIN A GREAT MIX OF WHOLE GRAINS, FRUIT, DAIRY & FAT SOURCES



*Wholemeal flour, egg whites, cinnamon, whey protein, frozen blueberries, high protein yoghurt, peanut butter*



*Protein Pancakes*



*Oats, banana, strawberries, chia seeds, low fat milk, protein powder*



*Breakfast Smoothie*



*Wholemeal bread, cottage cheese, avocado, boiled eggs*



*Stacked Avo Toast*

# Injury Report Protein Breakfast Top

**Lingjun Ying**



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