

HIGH-PROTEIN BREAKFAST IDEAS



PROTEIN OATS

P: 33g F: 12g C: 46g

(1 scoop protein, 1/2c oatmeal, 1/2 banana, 2 tbsps nut butter)



EGG SANDWICH

P: 33g F: 7g C: 29g

(English muffin, 4 egg whites, 2oz ham, 1 slice of cheese)



PANCAKES

P: 35g F: 4g C: 41g

(1 scoop protein, 1/2 banana, 2 egg whites, 1/2c oatmeal)



EGGS & SAUSAGE

P: 29g F: 23g C: 40g

(2 eggs, 2 breakfast sausages, 2 pieces of toast)



PARFAIT

P: 33g F: 3g C: 55g

(1.5c yogurt, 1/3c of granola, 1c strawberries, 1/4c blueberries)



BURRITO

P: 38g F: 17g C: 28g

(1 tortilla, 4oz steak, 3 egg whites, 1/4c bell peppers)



OMELET

P: 52g F: 34g C: 7g

(3 eggs, 4oz chicken, 1/2c avocado, 1oz shredded cheese)



BAGEL & LOX

P: 38g F: 23g C: 46g

(1 bagel, 2 tbsps cream cheese, 4oz lox, tomatoes)

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Healthy Food Initiatives, Local Production and Nutrition United States. Congress. Senate. Committee on Agriculture, Nutrition, and Forestry, 2013 [Healthy Food Diversity as a Concept of Dietary Quality](#) Larissa Sabrina Drescher, 2007

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