

A white ceramic bowl filled with a vibrant salad. The salad consists of fresh green spinach leaves, bright red watermelon cubes, and white paneer (cottage cheese) cubes. Slices of avocado are arranged in a circular pattern, each topped with a small amount of black sesame seeds. The bowl is placed on a light-colored wooden surface, and the background is softly blurred, showing a window with white frames.

## Guava Paneer Avocado Salad: A 25g Protein Breakfast



# Snapchat Protein Breakfast Review

**Joyce Ann Gilbert, Eleanor Schlenker**



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