



PROTEIN PANCAKES

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FAT LOSS



EGG
1



EGG WHITES
2



PROTEIN
1 scoop



SUGAR FREE
SYRUP
2 tbsp



BLUEBERRIES
2oz



250 cals

37 protein

MUSCLE GAIN



EGG
2



OATS
1/4 cup
(blended)



PROTEIN
1 scoop



BANANA
1



PEANUT BUTTER
2tbsp (topping)



640 cals

49 protein

Protein Breakfast Vs

Marco Cascella



Protein Breakfast Vs:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Protein Breakfast Vs** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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