

## 30g Protein

Calories: 362  
Fat: 19g  
Carbs: 22g  
Sugar: 13g  
Fiber: 7g

### Yogurt Bowl:

+1 cup 2% plain Greek yogurt  
+1oz sliced almonds  
+1/2 cup raspberries



## 29g Protein

Calories: 276  
Fat: 16g  
Carbs: 5g  
Sugar: 2g  
Fiber: 1g

### Omelet:

+1 egg  
+2 egg whites  
+2oz chicken apple sausage  
+1/2 cup spinach



## 30g Protein

Calories: 399  
Fat: 17g  
Carbs: 37g  
Sugar: 6g  
Fiber: 8g

### Breakfast Burrito:

+1 whole-wheat tortilla  
+1 egg  
+2 egg whites  
+1/4 cup black beans  
+1/4 cup shredded cheese  
+3 slices tomato



## 30g Protein

Calories: 290  
Fat: 18g  
Carbs: 21g  
Sugar: 6g  
Fiber: 5g

### Avocado Toast:

+1 slice whole-wheat toast  
+1/4 avocado  
+3oz smoked salmon  
+1 fried egg



## 29g Protein

Calories: 399  
Fat: 17g  
Carbs: 37g  
Sugar: 6g  
Fiber: 8g

### Cereal:

+1 1/2 cups Kashi GOLEAN cereal  
+1 cup skim milk  
+2 tbsp hemp seeds  
1/3 cup blueberries



## 29g Protein

Calories: 423  
Fat: 15g  
Carbs: 48g  
Sugar: 10g  
Fiber: 12g

### Banana PB Smoothie:

+1 cup 2% plain Greek yogurt  
+1 small frozen banana  
+2 tsp peanut butter  
+1 tsp chia seeds  
1 tsp cocoa powder  
+1/2 cup unsweetened almond milk



# Top Movies Protein Breakfast Guide

**S Ben Porath**



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