

HIGH-PROTEIN

BREAKFAST IDEAS



PROTEIN OATS

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

(1 scoop protein, 1/2c oatmeal, 1/2 banana, 1 tbsp 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)



OMELETE

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 tbsp cream cheese, 4oz lox, tomatoes)

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Neal Barnard



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Breaking the Food Seduction Neal Barnard, 2010-07-20 Jennifer is a thirty four year old bank manager She s managed her education her career her finances and her customers money she can t seem to handle this darn little chocolate in a shiny wrapper Whether you re drawn to chocolate cookies potato chips cheese or burgers and fries we all have foods we can t seem to resist foods that sabotage our best efforts to lose weight and improve our health These foods are winning the battle but that s because we re fighting it in the wrong place As physician and leading health researcher Dr Neal Barnard explains in this groundbreaking book banishing these cravings is not a question of willpower or psychology it s a question of biochemistry Based on the author s research and that of other leading investigators at major universities Breaking the Food Seduction reveals the diet and lifestyle changes that can break these stubborn craving cycles Using everyday examples questionnaires and practical tips the book delivers Fascinating new insights into the chemical reasons behind your cravings Seven simple steps to break craving cycles and tame your appetite Important advice for kids sugar cravings and how to halt them A three week kick start program One hundred delicious satisfying recipes that help your body break the spell of problem foods and put you on the path to weight loss better health and greater well being This accessible and practical book is essential reading for anyone who wants to lose weight lower cholesterol feel more energetic and get control of their health once and for all

The Distractions Liza Monroy, 2025-01-14 Solitary tech worker Mischa Osborn is mourning the shelving of her passion project an artificial intelligence algorithm capable of love when a chance encounter with a social media celebrity leads her spiraling into an all consuming obsession Simultaneously someone or something is watching Mischa Osborn spends her days as a ProWatcher keeping distracted people on task and lonely ones accompanied from her Brooklyn Megabuilding while eating PetriMeat Steax and working out with her favorite personal trainer a straight talking algorithm named Tory Her carefully constructed isolated existence is suddenly upended by a chance realspace encounter with a HighlightReel celebrity Nicol s Ad n Luchano On their first date hiking in Kuulsuits and watching DroneBeez pollinate flowers Mischa experiences a brief but intense realspace connection Mischa takes to relentlessly watching Nic onReel As Mischa s ReelWatching spirals into an all consuming obsession and even realspace stalking Mischa takes increasingly desperate measures to be seen and valued sucking others into her vortex of obsession until she completely loses control Meanwhile someone is equally obsessed with Mischa tracking her every move and perhaps even influencing her choices A tale of how technology enables obsession envy and unrelenting comparison told through an eccentric cast of interconnected characters The Distractions invites us to reflect on who we are watching and why

Stabbing in the Senate Colleen J. Shogan, 2015-11-15 Life is good for Kit Marshall She s a staffer in D C for a popular senator and she lives with an adoring beagle and a brainy boyfriend with a trust fund Then one morning Kit arrives at the office early and finds her boss Senator Langsford impaled by a stainless steel replica of an Army attack helicopter Panicked she pulls the weapon out of his chest

and instantly becomes the prime suspect in his murder. Circumstances back Kit's claim of innocence but her photograph has gone viral and the heat won't be off until the killer is found. Well-loved though the senator was, suspects abound. Langsford had begun to vote with his conscience which meant he was often at odds with his party. Not only had the senator decided to quash the ambitions of a major military contractor but his likely successor is a congressman he trounced in the last election. Then there's the suspiciously dry-eyed Widow Langsford. Kit's tabloid infamy horrifies her boyfriend's upper crust family and it could destroy her career. However she and her free spirited friend Meg have a more pressing reason to play sleuth. The police are clueless in more ways than one and Kit worries that the next task on the killer's agenda will be to end her life.

Skiing, 1988-12 **Boardroom Reports**, 1986 The Ordinary Parent's Guide to Teaching Reading, Revised Edition
Instructor Book Jessie Wise, Sara Buffington, 2022-06-07 An updated easier to use edition of the program that helped a million parents teach their children to read. Parents can teach their children to read no expertise required. Parents can take charge of their children's literacy with this updated easier to use edition of the classic jargon free phonics guide. Too many parents watch their children struggle with early reading skills and don't know how to help. Many phonics programs are too often complicated, overpriced, gimmicky and filled with obscure educationalese. The Ordinary Parent's Guide to Teaching Reading Revised Edition cuts through the confusion giving parents a simple direct scripted guide to teaching phonics and reading from short vowels through supercalifragilisticexpialidocious. A new layout makes understanding and teaching the concepts even easier. With the accompanying Student Book parents will have everything they need to take their children from the basics all the way to a fourth grade reading level. Features a new introduction by Dr Susan Wise Bauer **Women In The Wind ~ Fearless Women of the 20th and 21st Centuries** Jasmine Bluecreek Clark, 2006-05-15 Female Road Stories Book about Fearless Women who ride or rode Motorcycles across continents and more. Empowering Women's Stories from 20th and 21st Centuries **Punch** Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen Seaman, 1884 **Punch**, 1884 *Car and Driver*, 1982 **The Men Who Flew the F-4 Phantom** Martin W. Bowman, 2017-09-30 The Phantom was developed for the US Navy as a long range all weather fighter and first flew in May 1958 before becoming operational in 1961. The US Air Force then realized that the Navy had an aircraft that was far better than any tactical aircraft in their inventory and ordered 543 F-4C variants. There then followed a spate of orders from around the world. In Britain it was ordered for the Navy and Air Force but was modified to take the Rolls Royce Spey turbofan. One of the Royal Navy's Phantoms stole the record for the fastest Atlantic crossing a record that stood until taken by the remarkable Blackbird Phantoms have been used in combat in many conflicts throughout its long service history. It was one of America's most utilized aircraft during the long Vietnam War and has been flown in anger in the Middle East by a number of different air forces. This is the perfect book for the general reader, enthusiast or modeler wishing to find a succinct yet detailed introduction to the design of the aircraft that has made history. It features a multitude of stories as relayed by USAF and

Israeli airmen who actually flew this remarkable aircraft in wars in SE Asia and the Middle East detailing just what it was like to fly the F 4 in combat Many of the dozen or so chapters include combat testimonies of the Phantom design and durability in SE Asia and in the wars fought between Israel and her surrounding Arab enemies throughout the 1970s and beyond The book also features a wealth of technical data along with stirring images that supplement the text perfectly enhancing its visual appeal

Youth's Companion ,1895 The New York Times Magazine ,1994-04 **Nature's Big, Beautiful,**
Bountiful, Feel-good Book ,1977 **United States Medical Investigator** ,1883 **New York Journal of**
Homœopathy ,1894 *Sports Coach* ,2001 **Vogue** ,1999-04 **Forest and Stream** ,1891 **American Theatre**
,1999

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