

High-Protein Breakfast Combos



+



+



=

20 grams protein

1/2 cup
oats

1 cup
milk

2 tbsp.
PB



+



+



=

27 grams protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



+



+



=

23 grams protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



+



+



=

31 grams protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

Protein Breakfast Price

Chao Zhang

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Oversight Hearings on the Child Nutrition Programs United States. Congress. House. Committee on Education and Labor. Subcommittee on Elementary, Secondary, and Vocational Education,1980 School Food Program Needs: State School Food Service Directors' Response United States. Congress. Senate. Select Committee on Nutrition and Human Needs,1973 *Annual Report* Connecticut Agricultural Experiment Station,1914 Vols 41 1916 17 include the Station s Bulletin and other of Its publications which are also issued separately **American Academy of Applied Nutrition** ,1956

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