

# 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

**Michigan. Bureau of Labor and  
Industrial Statistics**



## **Protein Breakfast Price:**

**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

**Congressional Record** United States. Congress, 2008 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

*Hearings, Reports and Prints of the Senate Select Committee on Nutrition and Human Needs* United States. Congress. Senate. Select Committee on Nutrition and Human Needs, 1974 ... *Annual Report* ... Michigan. Bureau of Labor and Industrial Statistics, 1886 **The Illustrated Weekly of India**, 1969 Annual Report of the Bureau of Labor and Industrial Statistics Michigan. Bureau of Labor and Industrial Statistics, 1886 Reports for 1897 1908 include the Report of inspection of factories 5th 16th School Lunch Newsletter, 1967 **Dehorning Cows** Gilbert Mottier Gowell, 1898

Journal California. Legislature, 1887 **The Child Welfare Manual**, 1915 **Report** Connecticut Agricultural Experiment Station, 1914 **Symposium: Seed Proteins** G. E. Inglett, 1972 General outlook Protein synthesis in seeds Protein quality and quantity of rice Seed processing and product properties Methodology *Food Engineering*, 1974

The Budget Report of the State Board of Finance and Control to the General Assembly, Session of [1929-] 1937 Connecticut. Board of Finance and Control, 1914 Budget report for 1929 31 deals also with the operations of the fiscal year ended June 30 1928 and the estimates for the fiscal year ending June 30 1929 *Agriculture of Maine* Maine. Department of Agriculture, 1900 **Title 7 Agriculture Parts 210-299 (Revised as of January 1, 2014)** Office of The Federal Register, Enhanced by IntraWEB, LLC, 2014 The Code of Federal Regulations Title 7 contains the codified Federal laws and regulations that are in effect as of the date of the publication pertaining to agriculture *Bulletin - Maine Agricultural Experiment Station* Maine Agricultural Experiment Station, 1899

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