

High-Protein Breakfast Combos



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=

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 Guide Tutorial

Jin-Ying Zhang



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Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center
Food and Nutrition Information and Educational Materials Center (U.S.),1975 Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center ,1975 *Nutrition Education Materials* Holly Berry Irving,1987 *Nutrition Education Printed Materials and Audiovisuals* Shirley King Evans,1989 **Nutrition and the Elderly** Shirley King Evans,1990 **Shellfish Culture, 1979-1986** Deborah T. Hanfman,1987 **Quick Bibliography Series** ,1976 Audiovisual guide to the catalog of the Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.),1975 **Bowker's Complete Video Directory, 1998** ,1998 **A Laboratory Guide and Note Book for Use in the Study of Food Preparation, for High School Classes in Domestic Science** Beth Warner Mull Josserand,1915 Simply Good Eating: Text ,2004 **Menu Planning** California. Bureau of Child Nutrition Services,California. Child Nutrition Services Bureau,1977 *Simply Good Eating for Health* ,2006

Weight Success for a Lifetime Carol Simontacchi,2005 This book helps readers learn how to eat and enjoy healthy nutrient dense foods and teaches how to develop positive lifelong nutritional and lifestyle habits Each person has a unique array of health issues and if these issues are not addressed it s impossible to find a lasting solution Carol Simontacchi has devised a comprehensive 48 week program that helps readers discover their individual health issues and deal with them through professional guidance and understanding This program will produce long term weight loss for a lifetime of health and fitness *Teen Health Course 3* Wright Group-McGraw Hill,2002-04 *Health: Teacher ed* Linda Brower Meeks,1990

Public School Methods. Teacher's Guide ,1918 **Pierre & Janet Berton's Canadian Food Guide** Pierre Berton,Janet Berton,1974 A tour of our national eating styles from pioneer grub to the specialties of today **What's New in Home Economics** ,1960 Includes buyers guide Discover Science: Teacher's annotated edition ,1991 Science content helps develop the skills needed to understand how science works learn new concepts solve problems and make decisions in today s technological society

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