

# High-Protein Breakfast Combos


$$\begin{array}{c} \text{1/2 cup oats} \\ + \\ \text{1 cup milk} \\ + \\ \text{2 tbsp. PB} \end{array} = 20 \text{ grams protein}$$


$$\begin{array}{c} \text{2 large eggs} \\ + \\ \text{2 slices bread} \\ + \\ \text{1 oz. cheddar} \end{array} = 27 \text{ grams protein}$$


$$\begin{array}{c} \text{1/2 cup cottage cheese} \\ + \\ \text{1 oz. almonds} \\ + \\ \text{1 tbsp. chia seeds} \end{array} = 23 \text{ grams protein}$$


$$\begin{array}{c} \text{2 oz. turkey sausage} \\ + \\ \text{1 cup beans} \\ + \\ \text{1 oz. feta} \end{array} = 31 \text{ grams protein}$$

# Protein Breakfast Guide Tutorial

**Jin-Ying Zhang**

## **Protein Breakfast Guide Tutorial:**

### **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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