

High-Protein Breakfast Combos



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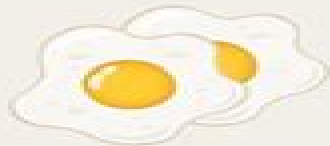
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20 grams protein

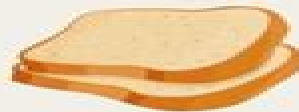
1/2 cup
oats

1 cup
milk

2 tbsp.
PB



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27 grams protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



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23 grams protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



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31 grams protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

Protein Breakfast Phonics Practice Best

Jiyuan Zhang



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