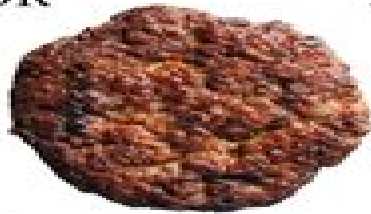


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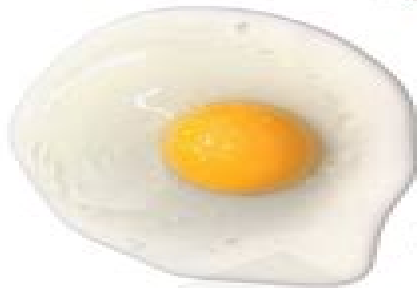
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GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



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LEFTOVER
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Protein Breakfast Guide

Anthony S. Fauci



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- Chapter 2: Essential Elements of Protein Breakfast Guide
- Chapter 3: Protein Breakfast Guide in Everyday Life
- Chapter 4: Protein Breakfast Guide in Specific Contexts
- Chapter 5: Conclusion

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