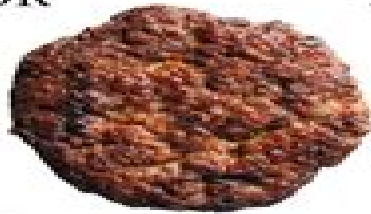


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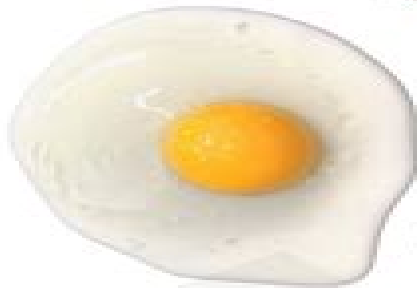
SAUSAGE OR
GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



Protein Breakfast Guide

Helen Fredericka Hansen

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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