

High-Protein Breakfast Combos



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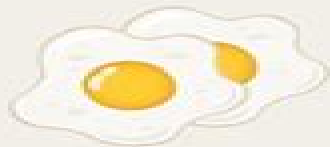
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20 grams
protein

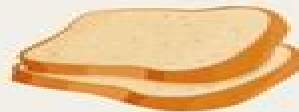
1/2 cup
oats

1 cup
milk

2 tbsp.
PB



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=

27 grams
protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



+



+



=

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

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J Spring



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American Academy of Applied Nutrition ,1966

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