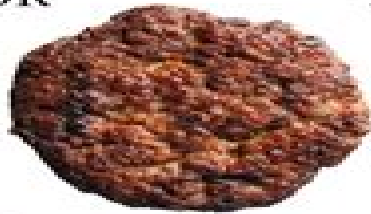


# Breakfast Proteins

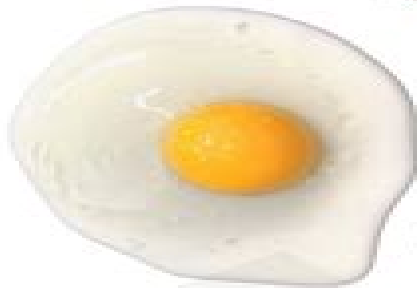
SAUSAGE OR  
GROUND  
MEAT



PROTEIN POWDER  
(in smoothie or  
oatmeal)



EGGS



OVERNIGHT  
QUINOA

BEANS &  
LENTILS



QUALITY  
DAIRY



LEFTOVER  
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



# Protein Breakfast Guide

**Wendy Green**

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.

## **Protein Breakfast Guide:**

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**Guide to Normal Nutrition and Diet Modification Manual** Shands Teaching Hospital and Clinics, 1973

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**Nutrition** Lori A. Smolin,Mary B. Grosvenor,Debbie Gurfinkel,2020-06-23 Nutrition Science and Applications 3rd Canadian Edition provides students with a strong foundational knowledge of human nutrition covering all essential nutrients their functions in the body and their sources and dietary components Presenting an innovative critical thinking approach to the subject this leading textbook goes beyond the basics to explore underlying nutrition processes while discussing the latest research debates and controversies related to nutrition and health The text offers an accessible visually rich presentation of topics designed to be highly relevant and relatable to Canadian readers The ideal text for college level nutrition courses this

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