

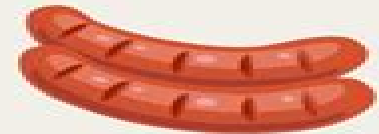
9 High-Protein Breakfast Foods



Eggs



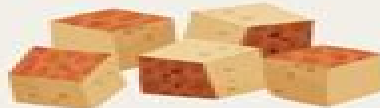
Greek Yogurt



Turkey Sausages



Cottage Cheese



Tofu



Smoked Salmon



Black Beans



Protein Powder



Leftovers



Protein Breakfast Compare

Cereal Institute (Chicago, Ill.)



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