

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 Scholarships Guide

**Food and Agriculture Organization of
the United Nations**



Protein Breakfast Scholarships Guide:

Discover tales of courage and bravery in is empowering ebook, Unleash Courage in **Protein Breakfast Scholarships Guide** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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