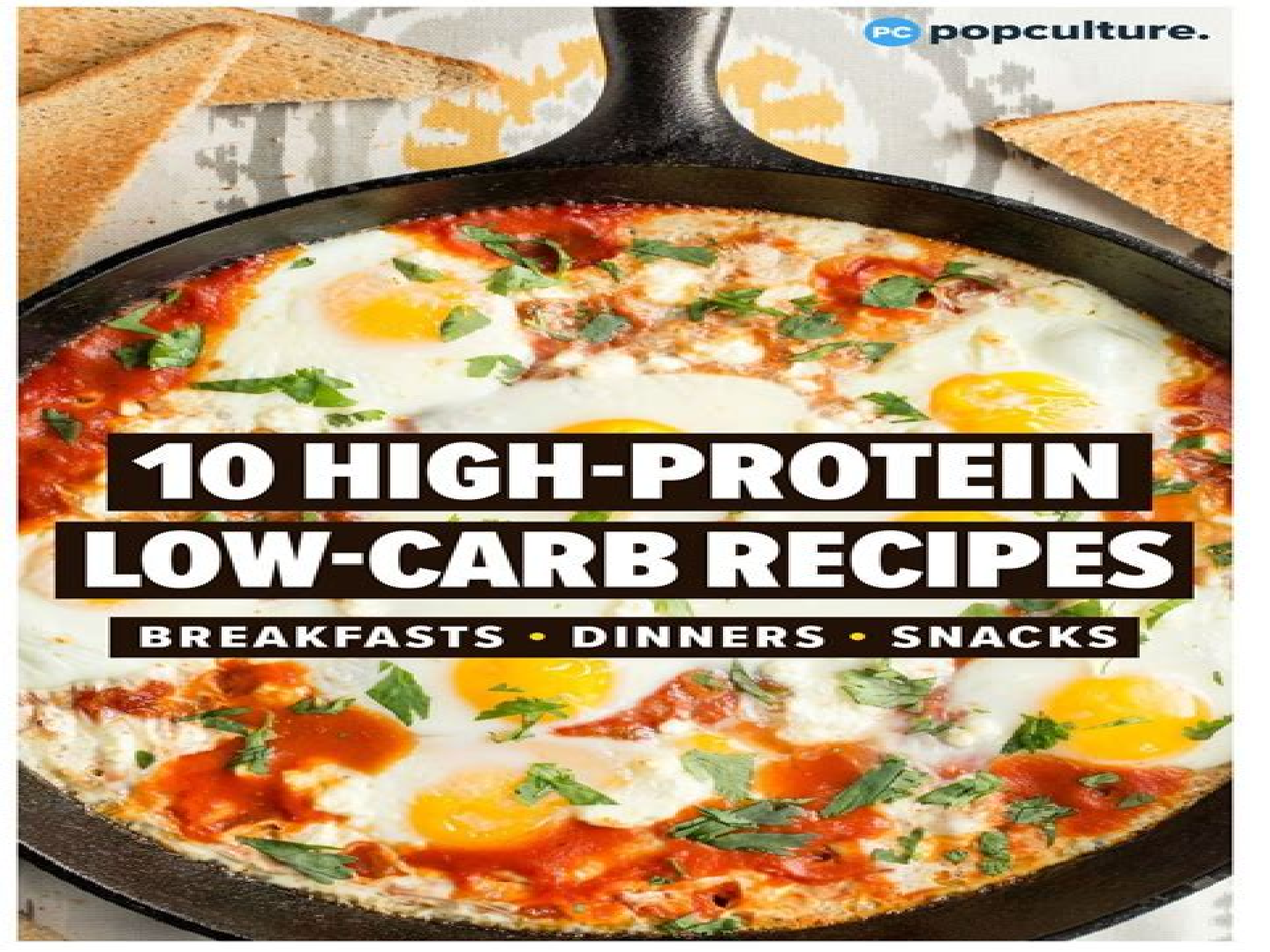


A close-up photograph of a black cast-iron skillet containing a breakfast dish. Several sunny-side-up eggs are nestled in a thick, vibrant red tomato sauce. The dish is garnished with finely chopped green herbs, likely cilantro. In the background, a white plate with a yellow and orange pattern is visible, along with a slice of toasted bread.

10 HIGH-PROTEIN LOW-CARB RECIPES

BREAKFASTS • DINNERS • SNACKS

Protein Breakfast Low Carb Recipes Best

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