

HIGH-PROTEIN BREAKFASTS

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OMELETTE



2 whole eggs + 2 whites,
w/ 100g lean turkey ham,
1 cup spinach & 15g cheddar.

270 CALS 26G PROTEIN

YOGHURT



150g 0% fat Greek yoghurt,
1/2 scoop protein powder w/
1-2 drops MyProtein flaxdrops
& 30g rolled oats.

265 CALS 32G PROTEIN

EASY MODE



1 scoop protein
w/ 1 cup coffee,
250ml milk (or
water), 1 & cup ice.

With a couple of
pieces of fruit...

377 CALS 34G PROTEIN

SNACK DISH



30g mozzarella cheese, 35g Parma
ham, & 1/2 medium melon.

315 CALS 25G PROTEIN

PANCAKES



1/2 medium banana, 1 scoop
protein powder, 30g rolled oats,
150ml milk, 2 tbsp. 0% Greek yog.
1/2 cup berries & dash of coconut.

415 CALS 38G PROTEIN

BAGEL



25g smoked salmon, 2 tbsp.
Philadelphia light cream cheese
& 1/2 medium bagel.

225 CALS 15G PROTEIN

Protein Breakfast Credit Card Offers Top

Buz Bezore, Christina Waters



Protein Breakfast Credit Card Offers Top:

Cincinnati Magazine ,2000-04 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region **Orange Coast Magazine** ,2008-06 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle

Jess Haines Bundle: Hunted By The Others, Taken By The Others, Deceived By The Others, Stalking The Others Jess Haines,2012-08-01 They are the Others the vampires mages and werewolves once thought to exist only in our imaginations Now they re stepping out of the shadows and nothing in our world will ever be the same again Hunted By The Others In A Town Like This Being A P I Can Be Murder Shiarra Waynest s detective work was dangerous enough when her client base was strictly mortal But ailing finances have forced her to accept a lucrative case that could save her firm if it doesn t kill her first Shiarra has signed on to work for a high level mage to recover an ancient artifact owned by one of New York s most powerful vampires As soon as Shiarra meets sexy mesmerizing vamp Alec Royce she knows her assignment is even more complicated than she thought With a clandestine anti Other group trying to recruit her and magi being eliminated Shiarra needs back up and enlists her ex boyfriend a werewolf whose non furry form is disarmingly appealing and a nerdy mage with surprising talents But it may not be enough In a city where the undead roam magic rules and even the Others aren t always what they seem Shiarra has just become the secret weapon in a battle between good and evil whether she likes it or not Taken By The Others Once New York P I Shiarra Waynest s most pressing problem was keeping her agency afloat Now she s dealing with two dangerous seductive vampires who have been enemies for centuries The only thing Max Carlyle and Alec Royce agree on is that they both want Shia for very different reasons Max is determined to destroy Shia for killing his progeny while Royce s interest is a lot more personal That s not sitting well with Shia s werewolf boyfriend Chaz As the feud between Max and Royce gets ever more deadly a powerful vampire hunting faction is urging Shia to join their side Shia has always believed vamps were the bad guys but she s discovering unexpected shades of grey that are about to redefine her friends her loyalties and even her desires Deceived By The Others Shiarra s relationship with sexy werewolf Chaz may be somewhat unconventional Still after a few bumps Shia is finally ready to get serious That means meeting family or in this case bringing Chaz s entire werewolf pack along for a rollicking full moon weekend in the Catskills Soon after they arrive threatening notes appear warning Chaz to go home Then their cabin is ransacked Shia starts digging to find out whether it s the work of upstart teenaged werewolves or something more sinister Yet as rumors about her vampire connections arouse

the pack's hostility Shia has to contend with other dangers Not just from an adversary about to make his fatal intentions known but from a threat that's even closer than she knows Stalking The Others Once she was one of the good guys or as close as a New York P I can get Then Shiarra Waynest was drawn into the world of the Others Every faction has its own loyalties and agenda And Shia's recent betrayal by her ex boyfriend means that she may be on the verge of becoming a rogue werewolf at the next full moon

Explorer's Guide Oregon Wine Country: A Great Destination (Explorer's Great Destinations) Sherry L. Moore, Jeff Welsch, 2011-10-01 This is the new gotta have guide to Oregon's wine country Jean Yates President Avalon Wine Corvallis This guide to Oregon's burgeoning wine scene provides exhaustive coverage of the entire state from the renowned Willamette Valley to the distant Umatilla Valley It is the guidebook for oenophiles who want to learn about Oregon's wineries and for anyone who enjoys great wine and longs to see more of this diverse and beautiful state Included are wineries with and without official tasting rooms as well as those that are open only by appointment The authors also provide a wide array of dining and lodging suggestions and spotlight unique attractions recreation options and natural wonders for travelers to seek out in their spare time As in every Explorer's Great Destinations title detailed maps and the authors' insider knowledge make this book a must have for travelers and residents alike A unique and practical Great Grape Destinations checklist rounds out this invaluable resource Use it to help you enjoy your trip to Oregon's vibrant cities and towns stunning countryside and of course distinctive wineries Includes history getting around wineries lodging dining attractions recreation shopping and more

Fodor's Caribbean 2010 Fodor's, 2009-08 Maps of each Caribbean island and the Caribbean area accompany travel tips and a brief history of the islands

Explorer's Guide Big Sur, Monterey Bay & Gold Coast Wine Country: A Great Destination (Third Edition) (Explorer's Great Destinations) Buz Bezore, Christina Waters, 2005-05-03 The essential insider's guide to exploring the Central Coast's wineries restaurants recreation culture and accommodations The Central Coast is internationally recognized as one of the natural treasures of the West offering craggy cliffs ancient redwoods and endless beaches to explore This book written by fourth and fifth generation Californians takes travelers to some of the most sought after destinations including shops inns restaurants and wineries known only to the locals until now With a down to earth appreciation for their own stomping grounds the authors write as enthusiastic guides eager to share what they know and love about the region Rich in detail covering everything from the autumnal monarch butterfly migration to opera festivals the best honky tonk blues joints to fine dining steeped in tradition and elegance this book homes in on an eclectic selection of what makes this strip of coastline one of the most desired destinations in the world

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Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region Orange Coast Magazine ,1997-11 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle **Orange Coast Magazine** ,1994-11 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle *Official Gazette of the United States Patent and Trademark Office* ,2002 **Collector's Guide** ,1994 The Collector s Guide strives to be a trusted partner in the business of art by being the most knowledgeable helpful and friendly resource to New Mexico s artists art galleries museums and art service providers Through a printed guidebook the World Wide Web and weekly radio programs we serve art collectors and others seeking information about the art and culture of New Mexico

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