high protein breakfast

EGGS



6 GRAMS OF PROTEIN PER NORMAL-SIZED EGG



17 GRAMS OF PROTEIN PER N CUP



15 GRAMS OF PROTEIN PER % CUP



16 GRAMS OF PROTEIN PER 3 DZ SERVING



14 GRAMS OF PROTEIN PER 2 OZ SERVING



11 GRAMS OF PROTEIN PER 5 OZ SERVING



6 GRAMS OF PROTEIN PER 1 OZ SERVING



5 GRAMS OF PROTEIN PER 4 CUP



19 GRAMS OF PROTEIN PER % CUP

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