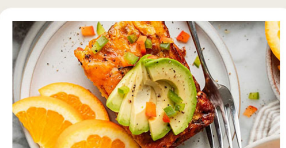
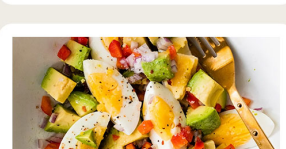






HIGH-PROTEIN BREAKFAST IDEAS

	RECIPE	PROTEIN
	Spinach and Egg Breakfast Sandwiches	26 Grams
	Sweet Potato and Turkey Sausage Muffins	23 Grams
	Cottage Cheese Egg Bites	12 Grams
	Ham and Cheese Breakfast Casserole	25 Grams
	Protein Pancakes	24.6 Grams
	Cottage Cheese Egg Scramble	20 Grams
	Hard Boiled Egg & Avocado Bowl	14 Grams
	Protein Waffles	30 Grams

HIGH-PROTEIN BREAKFASTS (NO EGGS!)

RECIPE	PROTEIN
 A white bowl filled with oatmeal, topped with fresh raspberries, sliced almonds, and a drizzle of honey.	21 Grams
 A clear glass jar filled with layers of white yogurt, fresh raspberries, blueberries, and sliced banana.	23 Grams
 A clear glass bowl containing cottage cheese, granola, and fresh raspberries.	13.6 Grams
 A hand holding a clear plastic cup filled with a light green protein smoothie, topped with golden-brown granola.	29 Grams