

30g Protein

Calories: 362
Fat: 18g
Carbs: 32g
Sugar: 12g
Fiber: 7g

Yogurt Bowl:

- 1 cup 2% plain Greek yogurt
- 1 ounce sliced almonds
- 1/2 cup raspberries



29g Protein

Calories: 276
Fat: 18g
Carbs: 1g
Sugar: 3g
Fiber: 1g

Omelet:

- 1 egg
- 2 egg whites
- 2 ounces chicken apple sausage
- 1 ounce goat cheese
- 1/2 cup spinach



30g Protein

Calories: 399
Fat: 17g
Carbs: 37g
Sugar: 6g
Fiber: 8g

Breakfast Burrito:

- 1 whole-wheat tortilla
- 1 egg
- 2 egg whites
- 1/4 cup black beans
- 1/4 cup shredded cheddar
- 3 slices tomato



30g Protein

Calories: 290
Fat: 18g
Carbs: 27g
Sugar: 6g
Fiber: 5g

Avocado Toast:

- 1 slice whole-wheat toast
- 1/4 avocado
- 3 ounces smoked salmon
- 1 fried egg



29g Protein

Calories: 436
Fat: 11g
Carbs: 67g
Sugar: 22g
Fiber: 18g

Cereal:

- 1 1/2 cups Kashi GOLEAN cereal
- 1 cup skim milk
- 2 tablespoons hemp seeds
- 1/3 cup blueberries



29g Protein

Calories: 423
Fat: 15g
Carbs: 48g
Sugar: 18g
Fiber: 12g

Banana PB Smoothie:

- 1 cup 2% plain Greek yogurt
- 1 small frozen banana
- 2 teaspoons peanut butter
- 1 teaspoon chia seeds
- 1 teaspoon cocoa powder
- 1/2 cup unsweetened almond milk



Protein Breakfast In The Us Customer Service

D Keegan



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