

# 30g Protein

Calories: 363  
Fat: 16g  
Carbs: 22g  
Sugar: 13g  
Fiber: 7g

## Yogurt Bowl:

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



# 29g Protein

Calories: 276  
Fat: 16g  
Carbs: 9g  
Sugar: 2g  
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: 19g  
Carbs: 27g  
Sugar: 4g  
Fiber: 9g

## Breakfast Burrito:

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



# 30g Protein

Calories: 290  
Fat: 16g  
Carbs: 27g  
Sugar: 4g  
Fiber: 5g

## Avocado Toast:

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



# 29g Protein

Calories: 436  
Fat: 15g  
Carbs: 37g  
Sugar: 27g  
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: 16g  
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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**Catalog** Food and Nutrition Information Center (U.S.),1974 Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.), **Chef** ,1994

**Time** Briton Hadden,Henry Robinson Luce,1929 Reels for 1973 include Time index 1973 **American Academy of Applied Nutrition** ,1966 The American Journal of Nursing ,1923 Cotton and Cotton Oil News and the Ginner and Miller ,1981 The Nebraska Farmer ,1915 **Shape** ,1994 The American Journal of Clinical Nutrition ,1998-04 Service Directory of National Voluntary Health and Social Welfare Organizations , Seafood Leader ,1990 Service Directory of National Organizations Affiliated and Associated with the National Social Welfare Assembly ,1969

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