

HIGH-PROTEIN BREAKFAST IDEAS



PROTEIN OATS
P: 33g F: 12g C: 46g
(1 scoop protein, 1/2c oatmeal, 1/2 banana, 1 tbsps nut butter)



EGG SANDWICH
P: 33g F: 7g C: 29g
(English muffin, 4 egg whites, 2oz ham, 1 slice of cheese)



PANCAKES
P: 35g F: 4g C: 41g
(1 scoop protein, 1/2 banana, 2 egg whites, 1/2c oatmeal)



EGGS & SAUSAGE
P: 29g F: 23g C: 40g
(2 eggs, 2 breakfast sausages, 2 pieces of toast)



PARFAIT
P: 33g F: 3g C: 55g
(2.5c yogurt, 1/3c of granola, 1c strawberries, 1/4c blueberries)



BURRITO
P: 38g F: 17g C: 28g
(1 tortilla, 4oz steak, 3 egg whites, 1/4c bell peppers)



OMELETE
P: 52g F: 34g C: 7g
(3 eggs, 4oz chicken, 1/2c avocado, 2oz shredded cheese)



BAGEL & LOX
P: 38g F: 23g C: 46g
(1 bagel, 2 tbsps cream cheese, 4oz lox, tomatoes)

HIGH-PROTEIN BREAKFAST IDEAS



PROTEIN PANCAKES
200 CALS / 20g P



BAGEL & LOX
430 CALS / 22g P



PROTEIN BAR & FRUIT
350 CALS / 22g P



GREEK YOGURT & FRUIT
130 CALS / 15g P



PROTEIN SHAKE
290 CALS / 39g P



OMELET W/ BACON
430 CALS / 34g P



Protein Breakfast Sleep Hacks Prices

Bob Herrin

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MASTER YOUR ATTENTION IN A DISTRACTED WORLD Unknown, Your mind isn't broken it's overwhelmed by a world designed to distract you Master Your Attention in a Distracted World is a powerful human and practical guide to regaining your focus reclaiming your mental time and rediscovering the clarity you thought you'd lost In an age of constant notifications endless scrolling and divided attention this book shows you how to take back control not by fighting technology but by mastering your mind With empathy and precision Emilio Castillo explains why distraction has become the new default and how you can rewire your brain to focus again You'll learn science based techniques to strengthen your concentration reduce digital overwhelm and rebuild deep focus in an era of shallow thinking Each chapter combines psychology mindfulness and simple strategies to help you design an environment that protects your attention and a mindset that sustains it If you've ever searched for how to stop getting distracted how to focus better at work or how to feel calm in a world that never stops Master Your Attention in a Distracted World is the book you need You'll discover that focus isn't about forcing yourself to concentrate it's about removing what pulls you away and learning to live with intention again Written in Emilio Castillo's signature warm and insightful tone this book reminds you that attention is the currency of your life wherever it goes your energy follows Because mastering your attention isn't just about productivity it's about presence Master Your Attention in a Distracted World will help you reclaim your time your peace and your ability to truly live one focused moment at a time **Take It Off, Keep It Off** Paul James, 2012-05-22 A personal trainer and former runway model purposely packed on 100 pounds to empathize with his overweight clients and then learned the right strategies to losing the weight which included clean eating and a targeted fitness program Original *The Ultimate Ultra Running Handbook* Claire Maxted, 2024-09-12 A practical accessible training guide for any runner looking to take up the challenge of ultra running

A Bag of Tricks Lynn Cragholm, 1978 Mademoiselle, 1976-07 **LIFE**, 1964-04-24 LIFE Magazine is the treasured photographic magazine that chronicled the 20th Century It now lives on at LIFE.com the largest most amazing collection of professional photography on the internet Users can browse search and view photos of today's people and events They have free access to share print and post images for personal use *American Fruit Grower*, 1908 You Light Up Our Country Bob Herrin, 2010-10-12 Dr Bob Herrin grew up on a dairy farm in Oklahoma He was taught respect and love for others He was energetic enjoyed working on the farm and helping his mother He was strong and quick and had unusual acuteness of vision and hearing Dr Herrin worked his way through high school college and medical school He worked forty hours per week graduated in four years and entered Medical School in Oklahoma with the highest grade point average in his class He became a general surgeon and entered practice in Marshall Texas in 1965 He worked a huge number of hours and took emergency call for thirty five years He was dedicated to his patients family and friends In You Light Up Our Country Dr Herrin presents his opinions formed during his many years as a surgeon on all the things he believes are affecting our

country today including collected articles from newspapers magazines and TV which he uses to validate his opinions and facts He has great concern about changes in the legal system and government that he believes are injuring the people and nation He believes his major duty as a citizen is to provide little known truth and information that is essential to saving our country Wallace's Farm and Dairy ,1928 Companies and Their Brands ,1990 *The Practical Farmer* ,1906 **FAA General Aviation News** ,1982 Youth's Companion ,1917 The Youth's Companion ,1917 Includes songs for solo voice with piano accompaniment Battle Creek Idea ,1912 Wallaces' Farmer and Dairyman ,1928 **Moore's Rural New-Yorker** ,1916 *Illustrated Sporting & Dramatic News* ,1919 **The Farmer** ,1925 *The Country Gentleman* ,1903

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