

High-Protein Breakfast Combos



1/2 cup
oats

+



1 cup
milk

+



2 tbsp.
PB

=

20 grams
protein



2 large
eggs

+



2 slices
bread

+



1 oz.
cheddar

=

27 grams
protein



1/2 cup
cottage cheese

+



1 oz.
almonds

+



1 tbsp.
chia seeds

=

23 grams
protein



2 oz.
turkey sausage

+



1 cup
beans

+



1 oz.
feta

=

31 grams
protein

Protein Breakfast Guide

Dean D. Kimmel



Protein Breakfast Guide:

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