

Breakfast Proteins

SAUSAGE OR
GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



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1. The book is structured into several chapters, namely:
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 - Chapter 3: Protein Breakfast Guide Tutorial in Everyday Life
 - Chapter 4: Protein Breakfast Guide Tutorial in Specific Contexts
 - Chapter 5: Conclusion
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