

# High-Protein Breakfast Combos



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20 grams protein

1/2 cup  
oats

1 cup  
milk

2 tbsp.  
PB



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27 grams protein

2 large  
eggs

2 slices  
bread

1 oz.  
cheddar



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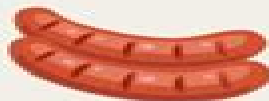
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23 grams protein

1/2 cup  
cottage cheese

1 oz.  
almonds

1 tbsp.  
chia seeds



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31 grams protein

2 oz.  
turkey sausage

1 cup  
beans

1 oz.  
feta

# Protein Breakfast Tips Customer Service

**Hongru Du**



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**Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.),1976      *Catalog* Food and Nutrition Information Center (U.S.),1974      Catalog. Supplement - Food and Nutrition

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**Our Country's Call to Service** John Ward Studebaker,1918      **The Outlook** ,2000      **Christian Family Guide to**

**Losing Weight** Lucy Beale,Sandy G. Couvillon,Edna C. Brown,2004 Nourish your family body and soul Giving detailed overviews of various diets these authors show how dieters can lose weight without starving the body or spirit With Bible related milestones it includes information on stress eating metabolism carbohydrates fats and more And it helps readers understand and design a nutritional weight loss plan with exercise e Presents charts and tables for family meal planning challenging popular eating philosophies and providing nutritional information every parent should know e Weight loss and the spiritual life can go hand in hand as the dieter finds strength in taking better care of the body      **The Dental**

**Hygienist's Guide to Nutritional Care** Cynthia A. Stegeman,Judi Ratliff Davis,2005 This text covers the basics of nutrition then goes beyond to examine current relevant topics specific to different life stages and states of health You ll learn how to assess your clients eating habits and teach them how proper nutrition can improve both oral health and overall fitness Case studies are used throughout to demonstrate how concepts can be applied to specific client situations BOOK JACKET      A

Guide for Diabetics Walter Ruggles Campbell,Mame Tanner Porter,1926      **Onboard Hospitality** ,2006      **Farmers' Elevator Guide** ,1915      Norfolk and Western Magazine ,1960      *The Home Day-care Handbook* Sherry Alexander,1987

**Good Housekeeping** ,1918      *Journal of the American Dietetic Association* ,2002      **Medical-surgical Nursing** Donna D. Ignatavicius,M. Linda Workman,2006 This innovative medical surgical resource features a unique collaborative approach that helps readers understand the multidisciplinary nature of medical surgical care by presenting all medical surgical nursing and other interventions through the framework of the nursing process In addition to comprehensive med surg coverage this book incorporates cutting edge content in areas such as emergency and mass casualty nursing and genetics Also features extensive NCLEX examination preparation materials including Get Ready for the NCLEX Examination features      The New York Times Guide to Federal Aid for Cities and Towns Howard S. Rowland,1972      **Consumer**

**Reports 2002** Consumer Reports,2003-02      **Moody's Stock Survey** ,1975      *Parents' Magazine* ,1963-07      **Parents' Magazine & Better Homemaking** ,1963

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