

# 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



# Protein Breakfast Guide

**Shands Teaching Hospital and Clinics**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the Shands Teaching Hospital and Clinics text.

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