

Breakfast Proteins

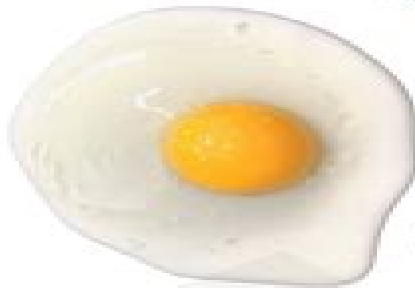
SAUSAGE OR
GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



Protein Breakfast Guide

Delfina Shelomenseff



Protein Breakfast Guide:

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web 1 state the function of the structures in the table below color the diagram of the earthworm on the right circulatory system red the digestive system green and the reproductive system yellow materials and equipment preserved earthworm dissecting tray dissecting scissors dissecting needle forceps dissecting pins scalpel hand lens

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web 1 find the anterior front end of the earthworm by locating the fleshy bump over its mouth called the prostomium the

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