

High-Protein Breakfast Combos



1/2 cup
oats

+



1 cup
milk

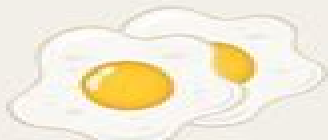
+



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

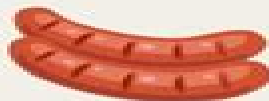
+



1 tbsp.
chia seeds

=

23 grams
protein



2 oz.
turkey sausage

+



1 cup
beans

+



1 oz.
feta

=

31 grams
protein

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Storrs Agricultural Experiment Station

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The Effect of Point-of-purchase Sign with Nutrition Information on Consumers' Purchasing Behavior Takako Inada,1989 **Report** Storrs Agricultural Experiment Station,1904 Report for 1905 1906 includes also Bulletin no 38 Jan 1906 1907 09 includes also Bulletins no 49 58 Nov 1907 June 1909

Journal of the American Dietetic Association,1997 **Forecast** ,1925 Report Connecticut Agricultural Experiment Station,1904 Bulletin ,1903

Home-making Course of Study for Junior High Schools Long Beach City Schools,1929 **Country Life** ,1915

Nature Guiding William Gould Vinal,1926 Publications University of Iowa. Department of Internal Medicine,1955
Each vol consists of papers reprinted from various periodicals etc *Bulletin* Iowa Agriculture and Home Economics

Experiment Station,1902 **Good Health** ,1926 *Medical Standard and North American Practitioner* ,1922 American Journal of Public Health and the Nation's Health ,1970 Includes section Books and reports The Lancet ,1908 *The*

American Food Journal ,1923 **American Academy of Applied Nutrition** ,1952 Modern Hospital ,1950-07

Farmers' Bulletins ,1906 Monthly Newsletter Journal ,1951

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