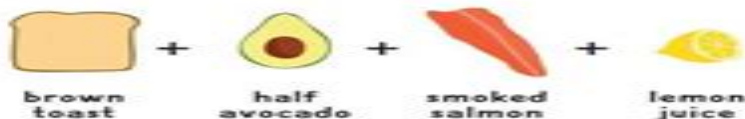


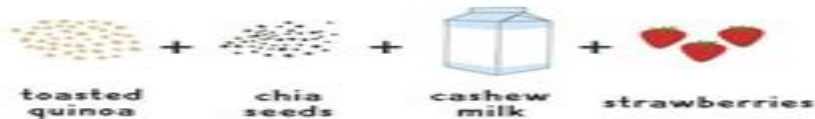


10 ways to add PROTEIN to your breakfast

1 toast royale



6 quinoa porridge



2 pb & j porridge



7 open sandwich



3 yoghurt sundae



8 almond smoothie



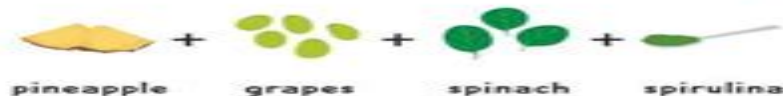
4 veggie omelette



9 bircher muesli



5 green smoothie



10 mayo-free egg salad



v vegan

gf gluten-free

r raw

so many tasty ways to enjoy more protein at

graze

Protein Breakfast Yoga For Beginners Tips

Lilian K. Donat



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