

# 100 HIGH PROTEIN BREAKFASTS



THE HIGH PROTEIN COOK  
LOUISE KANG

300  
RECIPES

33g  
PROTEIN

10g  
FIBRE

19g  
FAT

EVERY RECIPE INCLUDES MACROS

# Goodreads Choice Protein Breakfast Prices

**Louise Kang**



## **Goodreads Choice Protein Breakfast Prices:**

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