

A tray filled with several small, round breakfast pizzas. Each pizza has a thin, reddish-brown crust and is topped with melted cheese, diced tomatoes, and green herbs. The pizzas are arranged in a circular pattern on a light-colored, textured tray.

# 20 high protein breakfast ideas

# Protein Breakfast Best

**Loren Cordain**

## Protein Breakfast Best:

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*Atkinson's Evening Post, and Philadelphia Saturday News* ,1930    *The Ladies' Home Journal* Edward William Bok,1923

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