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Harris-Pincus,2017-05-03 Whether for weight loss managing prediabetes or Type II diabetes or a healthy fit lifestyle The Protein Packed Breakfast Club is filled with delicious easy to make recipes containing 300 calories or less and packed with a minimum of 20 grams of protein Power up your morning with protein You'll find recipes featuring dairy protein powders nuts seeds eggs and ancient grains including hot trends like overnight oats smoothie bowls and mug cakes Discover healthier versions of classics like pancakes and French toast Many recipes are also vegetarian and gluten free In a hurry in the morning Don't worry Prepare your breakfast in the evening or on the weekend to save precious time during the morning rush while ensuring you begin the day with an energizing protein packed breakfast **50 Homemade High-Protein Breakfast**

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What's for Breakfast? Joan Haynes, Lori Horan, 2004 **High Protein Breakfast** Selena Brown, 2021-02-16

Let's face it, breakfast isn't the most exciting meal of the day. And for those of us who are on a keto diet and typically don't carb load before bedtime, having an exciting breakfast is even more important. **High Protein Breakfast Cookbook** serves up a delicious platter of options guaranteed to make your morning meal something you can look forward to and not dread. With a wide variety of dishes sure to please the most critical breakfast palate, this cookbook includes recipes for everyone. Eggs? We don't need no stinking eggs! Well, ok, we love eggs but this **HIGH PROTEIN Breakfast Cookbook** is not about eggs. Yeah, we heard you. Eggs are a goto breakfast for most people because they are versatile, easy to cook and can be kept in your fridge for a few days without spoiling. So if you are ready to break from the routine of eggs, then this cookbook is for you. In **HIGH PROTEIN Breakfast Cookbook**, you'll find delicious keto recipes for a wide range of breakfasts, including: Scrumptious Poached Eggs, Delectable Eggs and Sausages, Delectable Frittata, Smoked Salmon Breakfast Feta and Asparagus Delight, Uncommon Breakfast Eggs, Eggs Baked In Avocados, Shrimp and Bacon Breakfast, Delectable Mexican Breakfast, Flavorful Breakfast Pie, Chorizo and Cauliflower Breakfast, Italian Spaghetti Casserole, Delightful Granola, Tasty Almond Cereal, Breakfast Muffins, Heavenly Chicken Breakfast Muffins, Delectable Herbed Biscuits, Avocado Biscuits, Bacon and Lemon Breakfast Biscuits, Heavenly Turkey Breakfast, Astonishing Burrito, Brussels Fledglings, Pleasure Breakfast, Grain Nibs Breakfast, Chia Pudding, Flavorful Hemp Porridge, Straightforward Egg Porridge, Delectable Flapjacks, Almond Hotcakes, Scrumptious Pumpkin Flapjacks and much more. This book is for all the keto fans out there who are fed up with the same old bacon and eggs or may even be new to the diet and looking for some great suggestions. **High Protein Breakfast Cookbook**

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