

# LOW SUGAR HIGH PROTEIN BREAKFASTS

for Mindful Weight Loss



## Protein Yogurt Bowl

1 cup non-fat greek yogurt  
½ scoop protein powder  
¼ cup blueberries  
2 tbsp crushed nuts



## Spinach Omelette

2 eggs  
1 cup spinach  
½ cup cherry tomatoes  
½ oz low-fat cheese



## Protein Shake

1 cup unsweetened almond milk  
1 scoop protein powder  
1 tbsp almond butter  
crushed ice



## Baked Egg Cups

6 eggs  
1 cup chopped bell peppers  
2 oz low-fat cheese  
avocado oil spray



## Cottage Cheese Bowl

1 cup low-fat cottage cheese  
¼ cup blueberries  
¼ cup raspberries  
1 tbsp ground flaxseed



## Avocado Toast with Egg

1 slice Dave's Killer Bread  
½ avocado, mashed  
1 soft-boiled egg, sliced  
1 tsp EBTBS

# Protein Breakfast Deal Customer Service

**Judd E. Hollander**

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