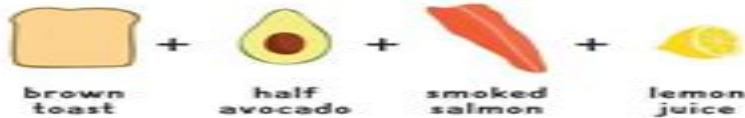


10 ways to add PROTEIN to your breakfast



1 toast royale



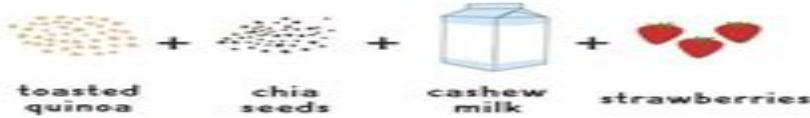
brown toast

half avocado

smoked salmon

lemon juice

6 quinoa porridge



toasted quinoa

chia seeds

cashew milk

strawberries

2 pb & j porridge



oats

milk

peanut butter

fresh raspberries

7 open sandwich



brown toast

tomatoes

onion

spinach

3 yoghurt sundae



greek yoghurt

granola

pumpkin seeds

fresh blueberries

4 veggie omelette



eggs

red pepper

onion

hemp seeds

9 bircher muesli



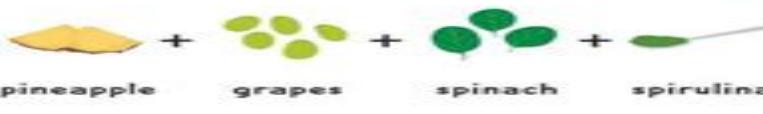
oats

grated apple

sunflower seeds

soy milk

5 green smoothie



pineapple

grapes

spinach

spirulina

10 mayo-free egg salad



eggs

half avocado

tomato

hemp seeds

v vegan

gf gluten-free

r raw

so many tasty ways to enjoy more protein at

graze

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Murdoch Books Staff

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