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Megan Ogilvie

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Menu Confidential Megan Ogilvie,2012-07-03 Menu Confidential is a book for every Canadian who dines out. That's most of us. One quarter of Canadians (8.5 million people) dine out once or twice a week and almost one million Canadians say they eat at a restaurant every day. Most Canadians intend to eat right when having a meal outside their home but few put those good intentions into practice. Sure cravings for a greasy burger will sometimes overtake you but the biggest hurdle to making smart choices is a lack of information. Packed with colour photographs, Menu Confidential is not a traditional weight loss book. Rather, it is a guide to navigating the dining scene with solid facts, eye-opening analysis and easy-to-use tips. Over time, those who make better, more informed choices can lose weight, becoming smart diners with an edge on keeping those creeping pounds at bay.

Naturally Slim and Powerful Philip Lipetz, Monika Pichler, 1997 *Naturally Slim and Powerful* introduces a revolutionary diet program proven to produce up to 65 percent more weight loss in women than conventional diets which incorporates more foods that naturally boost serotonin levels, the chemical that controls emotion, intellect and appetite in the brain.

Radio Drive Time Tour **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* contains a delicious variety of breakfast recipes that will make your morning meal fun as well as help you along your keto journey.

100 High Protein Breakfasts Louise Kang, 2017 **High Protein Breakfast Recipes With Egg** Lizzy Caston, 2024-01-04 Ditch the Drab, Embrace the

Fab Fuel Your Day with 55 Egg cellent High Protein Breakfasts Tired of the same old toast and yogurt Craving mornings that burst with energy and flavor Look no further than HIGH PROTEIN BREAKFAST RECIPES WITH EGG 55 Easy Simple And Delicious Recipes That Are Protein Rich This game changer cookbook is your passport to mornings packed with mouthwatering protein powered goodness Ditch the boring and rediscover the magic of breakfast with Effortless egg masterpieces Scrambled fried poached baked eggs take center stage in a symphony of tastes from creamy Hollandaise to fiery salsa Beyond the ordinary Forget omelets Dive into savory frittatas protein packed breakfast bakes and even sweet meringues for a touch of decadence Time saving tricks Whip up breakfasts in a flash with 30 minute meals or prep ahead options for grab and go mornings Nutrient packed powerhouses Each recipe boasts a protein punch keeping you fueled and focused throughout the day Flavor fireworks for every palate From savory to sweet spicy to comforting there s something for every craving Say goodbye to boring and hello to a protein packed revolution Inside this book you ll find 55 easy to follow recipes for every skill level Simple pantry staples transformed into breakfast masterpieces Nutritional breakdowns so you can fuel your body right Tips and tricks to save time and elevate your dishes HIGH PROTEIN BREAKFAST RECIPES WITH EGG is your key to unlocking mornings that are delicious nutritious and effortlessly satisfying Start your day the right way get your copy today

185 Yummy High-Protein Recipes Sage Salas, 2020-08-07 Do You Believe in a Magic Making You Touch a Healthy Lifestyle in Both Mind and Body Read this book for FREE on the Kindle Unlimited NOW If you say I do congrats to you since you are exactly a great person with a healthy mind And healthy body Let the recipes in the 185 Yummy High Protein Recipes help you But if you say No I don t congrats to you too Why Because when you are still reading the words you are on the way to reach the healthy mind and healthy body And let the book inspire you all the rest So what is the magic It is you It is your own choice Only you make your life become healthy and happy I want to tell you that you are right when choosing and putting your belief in the book With some part listed below my cookbook called 185 Yummy High Protein Recipes will make your cooking easier quicker happier but still delicious and eye catching Chapter 1 High Protein Soup Recipes Chapter 2 High Protein Breakfast Recipes Chapter 3 High Protein Lunch Recipes Chapter 4 High Protein Dinner Recipes Chapter 5 Awesome High Protein Recipes As you know currently there are numerous unhealthy or processed food making our health become poor seriously with millions of alarming diseases such as inflammation headaches insomnia back pain high blood pressure arthritis diabetes skin problems high cholesterol cancer etc So having a healthy mindset plays a key role in getting rid of the diseases and living longer Let s get started with healthy recipes made by yourself A healthy diet is really important to your health your body and your mind It provides energy with full of healthy nutrition such as fat carb protein fiber for your body all day It also helps you to have a very nice body and a flexible mind So why don t you stop going to the restaurants and start a healthy life with the recipes from 185 Yummy High Protein Recipes Today is a nice day so let s get a random recipe in 185 Yummy High Protein Recipes to start your healthy day You also see more different types of

recipes such as Breakfast Taco Cookbook Simple Vegan Dinner Recipes Simple Lunch Box Cookbook High Protein Smoothies Recipes French Breakfast Cookbook High Protein Vegetarian Cookbook Roast Dinner Cookbook DOWNLOAD FREE eBook PDF included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion I really hope that each book in the series will go with you on the way to touch the healthy lifestyle and be always your best friend in your little kitchen Let s live happily and make more healthy food every day Healthy Mind Healthy Body Happy Life Enjoy the book **50 High-Protein Breakfast Recipes for Home** Kelly Johnson,2024-03-26 Introducing 50 High Protein Breakfast Recipes for Home a comprehensive cookbook designed to kickstart your day with delicious and protein packed morning meals Packed with over 40 mouthwatering recipes this cookbook offers a wide array of breakfast options that are not only satisfying and flavorful but also rich in essential nutrients to fuel your body and keep you energized throughout the day From hearty egg based dishes and protein packed smoothies to wholesome oatmeal creations and nourishing breakfast bowls each recipe is thoughtfully crafted to provide a balanced mix of high quality proteins healthy fats and complex carbohydrates ensuring you start your day on the right foot Whether you re looking to build muscle maintain a healthy weight or simply want to power through your morning with sustained energy 50 High Protein Breakfast Recipes for Home has something for everyone With detailed instructions and helpfull tips this cookbook makes it easy for you to create nutritious and satisfying breakfasts that will leave you feeling nourished and ready to tackle whatever the day brings Say goodbye to boring breakfasts and hello to a new world of flavorful protein packed morning meals with 50 High Protein Breakfast Recipes for Home **185 Yummy High-Protein Recipes** Gloria Hills,2020-09-09 Do You Believe in a Magic Making You Touch a Healthy Lifestyle in Both Mind and Body Read this book for FREE on the Kindle Unlimited NOW If you say I do congrats to you since you are exactly a great person with a healthy mind And healthy body Let the recipes in the 185 Yummy High Protein Recipes help you But if you say No I don t congrats to you too Why Because when you are still reading the words you are on the way to reach the healthy mind and healthy body And let the book inspire you all the rest So what is the magic It is you It is your own choice Only you make your life become healthy and happy I want to tell you that you are right when choosing and putting your belief in the book With some part listed below my cookbook called 185 Yummy High Protein Recipes will make your cooking easier quicker happier but still delicious and eye catching Chapter 1 High Protein Soup Recipes Chapter 2 High Protein Breakfast Recipes Chapter 3 High Protein Lunch Recipes Chapter 4 High Protein Dinner Recipes Chapter 5 Awesome High Protein Recipes As you know currently there are numerous unhealthy or processed food making our health become poor seriously with millions of alarming diseases such as inflammation headaches insomnia back pain high blood pressure arthritis diabetes skin problems high cholesterol cancer etc So having a healthy mindset plays a key role in getting rid of the diseases and living longer Let s get started with healthy recipes made by yourself A healthy diet is really important to your health your body and your mind It provides energy with full of healthy nutrition such as fat carb protein fiber for your body all day It also helps you

to have a very nice body and a flexible mind So why don t you stop going to the restaurants and start a healthy life with the recipes from 185 Yummy High Protein Recipes Today is a nice day so let s get a random recipe in 185 Yummy High Protein Recipes to start your healthy day You also see more different types of recipes such as Breakfast Taco Cookbook Simple Vegan Dinner Recipes Simple Lunch Box Cookbook High Protein Smoothies Recipes French Breakfast Cookbook High Protein Vegetarian Cookbook Roast Dinner Cookbook DOWNLOAD FREE eBook PDF included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion I really hope that each book in the series will go with you on the way to touch the healthy lifestyle and be always your best friend in your little kitchen Let s live happily and make more healthy food every day Healthy Mind Healthy Body Happy Life Enjoy the book *The Protein-Packed Breakfast Club* Lauren 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 *105 High-Protein Breakfasts* Savory Bites, 2023-03-10 Good morning Start each day off right with an energizing and nutritious breakfast packed with protein With 105 High Protein Breakfasts Power Up Your Morning with Delicious Recipes you can easily make protein filled breakfasts that won t leave you feeling sluggish or weighed down This cookbook written by top nutrition experts provides you with all the information and recipes that you need to make tasty satisfying protein breakfasts that will keep you energized for hours The importance of protein for a nutritious breakfast cannot be emphasized enough Protein not only aids in providing your body with energy for the day but it also increases your satiety levels and helps you meet your body s daily nutrition requirements This cookbook offers you a variety of delicious and creative ways to incorporate protein into your breakfasts You ll find recipes for everything from cinnamon rolled egg casseroles and broccoli egg scrambles to vegan smoothie bowls and breakfast burritos Cooking protein packed breakfasts doesn t have to be hard and it certainly doesn t have to be boring With 105 High Protein Breakfasts you can quickly and easily create high protein dishes that everyone in the family will enjoy The recipes in this book take very little time to prepare and make use of friendly ingredients From comforting classics like pancakes and bacon to modern upgrades like quinoa bowls and breakfast tacos there are recipes for every palate and lifestyle If you re looking for a boost in the morning then 105 High Protein Breakfasts is the perfect cookbook for you Inside you ll find creative and delicious ways to add protein to your breakfasts all with minimal time and effort Whether you re feeding the whole family or just yourself you ll find delicious and satisfying recipes that will help you to start your day off on the right foot Say goodbye to uninspiring

breakfasts that leave you feeling sluggish and unhappy and hello to protein packed breakfasts that will energize you and keep you full With 105 High Protein Breakfasts you can enjoy delicious meals every morning that are packed with nutrition So put away your cereal boxes and pick up this cookbook today to start making wholesome and satisfying breakfasts that will help you start the day right [50 Homemade High-Protein Breakfast Recipes for Home](#) Kelly Johnson,2024-05-25 Indulge in a delicious journey of homemade high protein breakfast delights with this cookbook crafted to invigorate your mornings and fuel your day with wholesome goodness From protein packed smoothie bowls bursting with vibrant fruits and leafy greens to hearty breakfast burritos brimming with savory eggs lean meats and nutritious veggies this collection offers an array of nutritious and delicious recipes to kickstart your day on the right note With a focus on balanced nutrition and bold flavors each recipe is carefully crafted to provide a satisfying meal that keeps you feeling energized and satiated until your next meal Whether you're looking to boost your protein intake revitalize your morning routine or simply indulge in a wholesome breakfast feast this cookbook has something for everyone Discover the joy of homemade protein pancakes nutritious breakfast bars flavorful omelets and much more all made with accessible ingredients and easy to follow instructions With tips for meal prep and ingredient substitutions you'll have the tools you need to create delicious breakfasts tailored to your tastes and dietary preferences Say goodbye to bland breakfasts and hello to a world of flavorful and nutritious options with this homemade high protein breakfast cookbook

Protein Shake Recipes Kenny Galarza,2017-02-21 Protein Shake Recipes Best 50 Delicious of Protein Shake Cookbook Protein Shake Recipes Protein Shakes Recipes Protein Shake Recipe Book Protein Shake Book Protein Shake Cookbook Protein Shake Diet Book Kenny Galarza Cookbooks No 3 Proteins are essential elements in our body and they are in charge of many crucial roles in the organism Proteins are made up of many small units called amino acids which are attached to one another in long chains Many diet experts and nutritionists have claimed that breakfast is the most important meal of the day and that it should be rich in proteins in order not to feel hungry all the time during the day There are many foods that are rich in proteins and some of them are dairy products such as Greek yogurt cheese yellow cheese milk soy milk cow milk almond milk meat fish pork meat chicken meat steaks ground beef sea food and eggs nuts hazelnuts walnuts almonds seeds sunflower seed pumpkin seed chia seed etc and so on Smoothies and protein shakes have become really popular worldwide and there are some great reasons for it First of all they are really easy to prepare All you need is to have a blender at your disposal and to grab some fruits or vegetables and in only a few minutes you have a smoothie that is delicious Smoothies are usually consumed as breakfast or as a snack Smoothies can be a great source of proteins if you choose the right ingredients For example if you want to have a smoothie high in protein you can add some milk or Greek yogurt or both and a bit of water There are also some people who do not prefer dairy products Usually those are people who are vegetarians or vegans Even though we all know that the products of animal origin are really high in proteins there is an alternative way making your smoothie or you shake high in proteins and that is by adding protein powder

In that way you can have a smoothie for breakfast without any dairy products Smoothies with protein powder are mostly consumed by body builders or by people who want to stay fit or practice some sport But that is not always the case Proteins are needed for every person because they are essential in order to make our body function well An adult needs about 45 to 60 grams of proteins a day This amount increases if a person exercises regularly Also the amount of calories a day increases if you practice some sport or exercise every day Protein shakes use different types of protein in varying amounts They may include milk whey casein egg soy rice and so on The source of the protein and how it's purified during manufacturing may affect how well your body can use it There are many recipes which include food rich in proteins but also you can use protein powders in order to make protein shakes

Vegan Kylie Young,2016-02-27 This Book is FREE for Kindle Unlimited Users Breakfast Is The Most Important Meal Of The Day So Start Yours Off Right With These Amazing High Protein Vegan

Breakfast Recipes No need to sacrifice your health or foods that taste great Living a vegan lifestyle can be a great experience These 52 delicious recipes will give your body the high protein it needs without having to consume any animal products at all This Vegan Breakfast Cookbook will teach you 52 high protein breakfast recipes that will ensure you a healthy start to your day When you download this book now you will quickly feel amazing from all of the benefits that come along with Most of the time people say that Vegans don't get enough protein in their diet and are therefore deficient you will soon learn that the opposite is true with these 52 recipes This Cookbook contains 52 Original Vegan Breakfast Meals that would make you drool just by reading them out Following these recipes everyone would easily want to become a Vegan A few of the recipes picked out of the 52 are Sweet Potato Pizza Baked Pumpkin Macaroni Cheese Black beans and rice Hummus and Veggie Pita sandwich Pasta with Feta Tomatoes and White Beans Tofu Breakfast Tacos Spaghetti Squash with Tempeh Almond Protein Pancakes Vegetarian Split Pea Soup Recipe Broccoli Slaw Stir Fry And many many more delicious recipes that are so tasty you would want to make all your family and friends become Vegans too Grab a copy and be on your way to the healthiest High protein Vegan lifestyle out there Get your copy and be on your way to a healthy High protein Vegan lifestyle Just scroll up to click the BUY button Good Luck

Ideal Protein Cookbook Ted Alling,2016-09-30 If you want to improve your body and health you can include Ideal Protein Diet Food in your regular routine Protein acts quickly to reduce weight and improve your hair and nails bones and skin There are lots of protein foods important for your family members Lack of protein in your body can increase moodiness bone pain and reduce the speed of weight loss If you want to achieve the best results you can follow the Ideal Protein Recipes in this book It can slow down wound healing procedure and improve the cells of your body Protein is necessary for your body and you can include protein in your diet This book offers High Protein Breakfast Recipes Protein Lunch Recipes Healthy Protein Dinner Recipes Delicious Protein Desserts This Ideal Protein Cookbook proves helpful for you to follow delicious and healthy recipes You can prepare delicious treats for your family members

What's for Breakfast? Joan Haynes,Lori Horan,2004 *The Good Bite's High Protein Meal Prep Manual* Niall Kirkland,The Good

Bite,2023-12-28 THE INSTANT SUNDAY TIMES BESTSELLER Order your copy of The Good Bite s High Protein Meal Prep Manual now for food as tasty as it is good for you Niall Kirkland founder of The Good Bite is on a mission to bridge the gap between healthy and delicious In this book he shares 80 calorie counted meal prep air fryer and slow cooker recipes with a photo for every one that will help you fill your fridge with mouth watering high protein dishes that take the stress out of mealtimes PB J Protein French Toast Peri peri Rice Bake with Grilled Corn Sticky Korean Popcorn Chicken Slow Cooker Sweet Potato Shepherd s Pie Creamy Peanut Noodles with Prawns Hot Honey Halloumi Pittas with Harissa Lime Mayo Creamy Tuscan Butter Beans Cookie Dough Bites With chapters covering breakfast lunch dinner desserts and snacks as well as essential advice on calculating your ideal protein intake full nutritional breakdowns and barcodes that feed directly into your food tracking app for each recipe this is the ultimate resource for anyone looking to harness the power of protein Inside you ll find delicious nourishing meals packed with flavour to keep you eating strong all week long **Low Calorie**

High-Protein Recipes Bruno Montana,2021-06-22 **High Protein Diet** Alina Nancy,2016-11-02 Protein for Bigger Better Muscles Anyone looking to increase their muscle mass knows that protein is necessary for this process Whether you re a bodybuilder or someone who just wants to bulk up a bit you ll need to increase your protein intake Protein consists of various amino acids which the body uses to build new muscle and to repair damaged ones Since protein is made of oxygen hydrogen carbon and nitrogen it works by putting you into an anabolic state when you have enough protein to create a positive balance of protein In this state you ll build muscle faster than usual Without sufficient protein intake your body will actually use muscle mass for energy so it s best to avoid falling into a negative nitrogen balance or catabolic state How Much Protein Do I Need Wondering how much protein you should be adding to your meals In general you want to aim for around one gram per pound of body weight per day So if you weigh 180 pounds you ll want to aim for roughly that amount of protein The amount of protein that your body can process at one time is limited For women 20 grams per meal is the most efficient amount and for men it s 30 grams Eating smaller high protein meals several times a day maintains the anabolic state without side effects Ideally you ll provide your body with protein throughout the day but there are certain points when it is even more essential than usual Eating immediately after a workout allows your body to create more muscle and to repair the damage done during the workout However you should also aim to eat some protein around 20 minutes before you begin your workout too What to Eat This book is packed with delicious recipes to set you on the path to eating right However you can come up with your own recipes as well It s essential that you are aware of the top sources of protein if you want to do this Beef Chicken Eggs Pork Fish Soy These are some of the more popular and highest quantities of protein but you can also add things like chia seeds hard cheeses and broccoli or leafy greens to your meals to up the protein in it Just remember that eating more than the recommended amount of protein probably won t give you bigger or better results so stick to the recommendations and eat more often Tags protein diet high protein diet protein diet plan protein diet books protein diet food

protein diet cookbook protein diet shakes protein diet supplement protein diet whey protein diet soup protein diet soup ideal protein diet food ideal protein diet protein recipes ideal protein recipes weight loss high protein low carb lose weight high protein low carb diet low carb protein breakfast **Ideal Protein Diet Cookbook** K. Kumari, 2016-09-01 This Ideal Protein Diet can be used all which need to perfect fitness and weight loss This book contains recipes to help you jump start a protein oriented diet which will help you utilize the benefits of consuming of high quality protein food for fitness and overall wellness Most people are not aware of the real power of protein to promote good health What we know is that if you want to lose weight and be one step to being healthy you have to cut back your sugar and starch consumption Another tried and tested formula is to of course add exercise along with your diet to further boost the health benefits that you can reap from having a healthier lifestyle Those two cutting back sugar exercise combo are indeed proven effective however the third and crucial step to a healthier you is consuming quality PROTEIN What is protein We probably have underestimated what protein really is In reality you will not be able to execute normal functions in life without this macro nutrient Protein acts as one of the main building blocks in the body your muscles organs tendons and even your hair and nails uses protein Our body also uses protein to make hormones neurotransmitters enzymes and even other essential body chemicals In comparison with carbohydrates and fats which can be stored in the body proteins cannot generally be stored in the body so we need to consume high quality proteins So why do you need this cookbook I will be giving you some protein rich recipes that you can prepare daily These recipes will provide quality protein and the bonus is they are fairly easy to do and won't be a heavy on the pockets The best sources of protein can be found in meats eggs dairy product fish and even some plants like nuts legumes and quinoa So our recipes will be mostly playing around these Ingredients As you try some mouth watering dishes you will soon realize that being healthy can be really delicious And to further convince you why protein is important here are some guaranteed benefits of consuming quality protein 1It helps burn fats 2It promotes muscle growth and repair 3It reduces the absorption of sugar 4You burn more calories while processing protein compared with carbs and fats 5Protein can make you feel fuller for a longer period of time thus lower consumption of calories Here Is A Preview Of What You'll Learn After buy Ideal Protein Diet Cookbook book High Protein Diet What to Expect Our Relationship with Food Your Current Mindset Workouts to Go with the Diet Learn About Your Body Fat Tags protein diet high protein diet protein diet plan protein diet books protein diet food protein diet cookbook protein diet shakes protein diet supplement protein diet whey protein diet soup protein diet soup ideal protein diet food ideal protein diet protein diet protein recipes ideal protein recipes weight loss high protein low carb lose weight high protein low carb diet low carb protein breakfast **The Protein Egg Bites Recipe Book** Dr Rita Brooks, 2022-09-03 Looking for a high protein breakfast option Eggs are the perfect budget friendly staple to keep on hand for many reasons First they have some great health benefits including being a good source of vitamin B12 and choline serving as a complete protein and more Another benefit of eggs is that they cook quickly But on days when you're

pressed for time and need a quick filling source of protein egg bites are the perfect solution After nutritionally vetting store bought egg bites galore we taste tested several varieties to find the best In this book are the best egg bites including a plant based option What to love about this high protein egg bites recipes is that they really fill you up and give you lots of energy for the day We should be eating around 110 130 grams of protein per day but unfortunately that isn t always that easy Eating a high protein diet requires planning since most of the quick and easy snacks we regularly rely on mainly contains carbs With that being said meal planning doesn t always have to be difficult and time consuming These egg bites come together in only 35 minutes and call for ingredients you most likely already have at home Sample Recipe Ham Cheese and Veggie Frittatas Ingredients 2 teaspoons olive oil 1 2 cup minced onion 1 2 cup chopped bell pepper 1 1 2 cups loosely packed baby spinach coarsely chopped 3 4 cup chopped cooked ham 3 4 cup grated cheddar or swiss cheese 1 cup cooked quinoa 7 eggs 1 2 cup unsweetened milk or almond milk 1 2 teaspoon salt 1 8 teaspoon pepper avocado slices for serving optional Want to discover more protein rich bites recipes Get a copy of this book now

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