

# Breakfast Proteins

SAUSAGE OR  
GROUND  
MEAT



EGGS

PROTEIN POWDER  
*(in smoothie or  
oatmeal)*



OVERNIGHT  
QUINOA



QUALITY  
DAIRY



LEFTOVER  
MEAT OR FISH



BEANS &  
LENTILS



NUT BUTTER



NUTS & SEEDS



# Protein Breakfast Guide Setup

**Alida Frances Pattee**

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**CRC Manual of Nuclear Medicine Procedures**, 1983 [History of the Soyfoods Movement Worldwide \(1960s-2019\)](#)

William Shurtleff; Akiko Aoyagi, 2019-07-01 The world's most comprehensive well documented and well illustrated book on this subject With extensive subject and geographical index 615 photographs and illustrations mostly color Free of charge in digital PDF format on Google Books **Organizing for Health Care** Source, inc, 1974 **Intermittent Fasting:**

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**Guide** Alida Frances Pattee, 1927 **Manl Nuclear Medn Procedures** John W. Keyes, 1978 [Journal of the Canadian Dietetic Association](#) Canadian Dietetic Association, 1981 **History of Tofu and Tofu Products (965 CE to 1984)** William

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School Health Practice Carl Leonard Anderson,William H. Creswell,1976      **Journal of the American Dietetic Association** ,1987      **The Rural New-Yorker** ,1923      Catalog Food and Nutrition Information Center (U.S.),1974  
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