

# Breakfast Proteins

SAUSAGE OR  
GROUND  
MEAT



PROTEIN POWDER  
(in smoothie or  
oatmeal)



EGGS



OVERNIGHT  
QUINOA

BEANS &  
LENTILS



QUALITY  
DAIRY



LEFTOVER  
MEAT OR FISH

NUT BUTTER



NUTS & SEEDS



# Protein Breakfast Guide Setup

**Alida Frances Pattee**



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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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