

HIGH PROTEIN BREAKFAST IDEAS

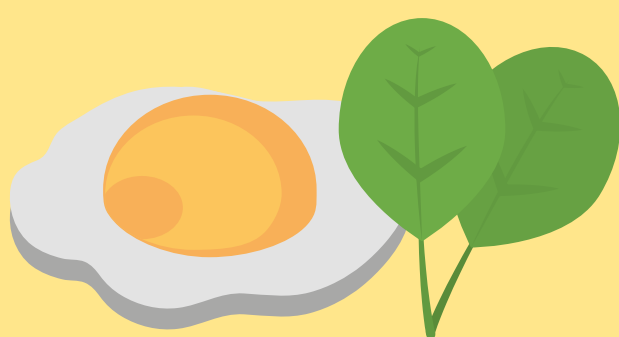
DELICIOUS MEALS TO POWER
YOU THROUGH 'TIL LUNCH!

ALL UNDER 300 CALORIES

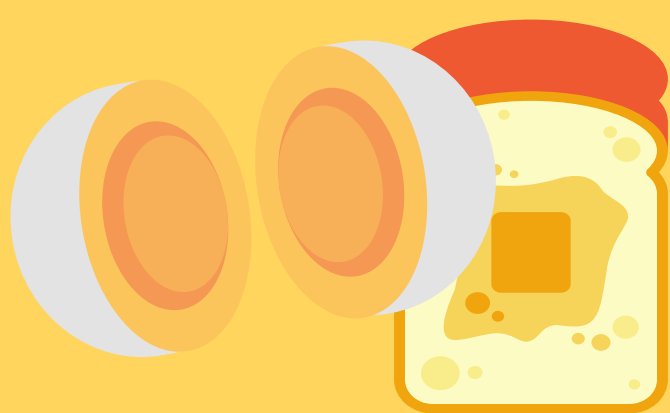
21 GRAMS

3 LARGE EGG WHITES
1 EGG
25 GRAMS BABY SPINACH
15 GRAMS FAT-FREE FETA
CHEESE

SPINACH-EGG SCRAMBLE



DEVEILED EGG TOAST



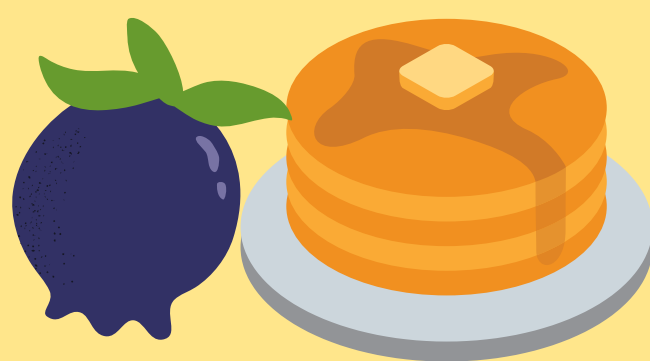
21 GRAMS

3 LARGE HARD-BOILED
EGG WHITES
1 LARGE HARD-BOILED
EGG
1 TBL MAYO
2 TBL MUSTARD
1 SLICE EZEKIEL TOAST

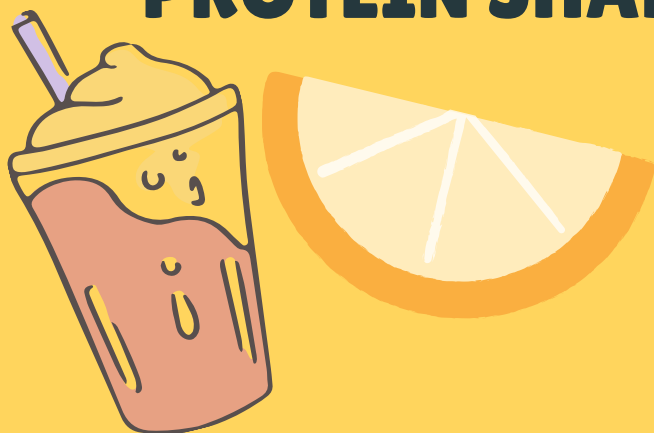
14 GRAMS

1/2 CUP KODIAK POWER
CAKES FLAPJACK MIX
1/3 CUP WATER
35 GRAMS BLUEBERRIES

BLUEBERRY PROTEIN PANCAKES



ORANGE CREAMSICLE PROTEIN SHAKE



44 GRAMS

14OZ PREMIER PROTEIN
VANILLA SHAKE
5.3 OZ PLAIN GREEK YOGURT
MIO ORANGE VANILLA
DRINK MIX

START YOUR DAY THE HEALTHY WAY!

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