



MUFFIN BOX

protein oatmeal muffin
sausage & spinach
egg bake
melon
grapes
381 cals
25P/7F/55C



BAGEL BOX

smoked wild salmon
hard boiled egg
cucumbers
mini whole wheat bagel
cream cheese
306 cals
26P/11F/24C



PANCAKE BOX

protein pancakes
mixed berries
Greek yogurt
granola
341 cals
37P/5F/40C



OATMEAL BOX

protein overnight oats
almond slices
mixed berries
sausage & spinach
egg bake
376 cals
27P/14F/35C



EGG BOX

sausage & spinach
egg bake
protein overnight oats
banana
blueberries
434 cals
37P/13F/41C

Box Office Protein Breakfast This Week

D Kirk



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