

High-Protein Breakfast Combos



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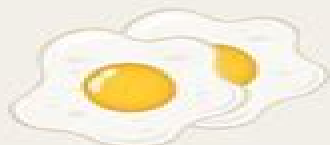
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20 grams protein

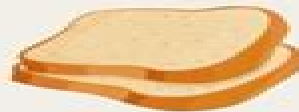
1/2 cup
oats

1 cup
milk

2 tbsp.
PB



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27 grams protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



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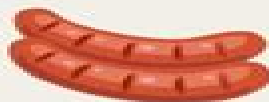
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23 grams protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



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31 grams protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

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M Lipman



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The Really Useful ICT Book Jill Jesson, Graham Peacock, 2012-10-12 The Really Useful ICT Book is a practical and easy to use guide to give you all the confidence you need to use ICT really effectively inside and outside the primary classroom It makes clear how ICT can be taught as a standalone subject and how it can be used easily and imaginatively to enhance teaching other subjects Jam packed with ideas and templates to save you time this friendly handbook offers an introduction to using ICT inside the classroom including interactive whiteboards computer suites VLEs and e safety using ICT outside the classroom including word processors laptops data loggers and digital cameras when and how to use a wide range of software and hardware from spreadsheet packages through to digital photography e portfolios and software simulation using ICT in all subject areas practical suggestions for using ICT in cross curricular topics using ICT to develop teacher and pupil creativity using ICT for assessment and in your professional role With an emphasis on developing children s creativity and on progression from Key Stage 1 to Key Stage 2 The Really Useful ICT Book is a comprehensive compendium of advice and inspiration for all training newly qualified and experienced teachers as well as those in support roles in primary schools

Rabbits - From the Animal's Point of View, **Curious George Adventures in Learning, Grade 1** The Learning Company, 2015-01-13 Presents Curious George in learning activities involving mathematics reading and science skills with exercises for listening speaking and collaboration

Spelling Carson-Dellosa Publishing COL, 1992 Designed by experts in elementary education and based on the curriculum of McGraw Hill this resource offers students in grade 4 practice in the spelling skills they need to achieve success in reading and writing

HBJ Health: Teacher's edition, 1987 *The Illustrated London News*, 1876

Michigan Christian Advocate, 1893 *The Athenaeum*, 1873 **Gardening Illustrated**, 1880 **The Saturday Review of Politics, Literature, Science, Art, and Finance**, 1872 **The Christian Union** Henry Ward Beecher, 1874

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