

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

Mark Messina, Virginia Messina



Protein Breakfast Guide:

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