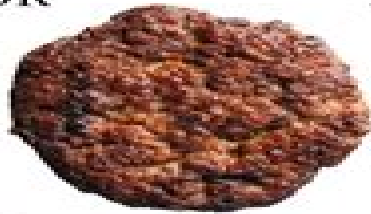


# Breakfast Proteins

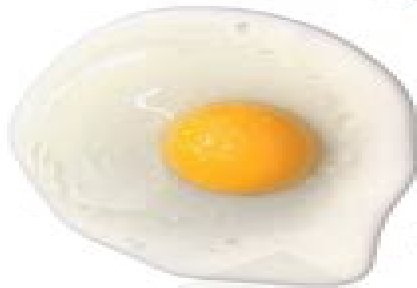
SAUSAGE OR  
GROUND  
MEAT



PROTEIN POWDER  
(in smoothie or  
oatmeal)



EGGS



OVERNIGHT  
QUINOA

BEANS &  
LENTILS



QUALITY  
DAIRY



LEFTOVER  
MEAT OR FISH

NUT BUTTER



NUTS & SEEDS



# Protein Breakfast Guide

**Pamela Lanier**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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