

HIGH-PROTEIN BREAKFASTS

@MRSPORTOFFICIAL

OMELETTE



2 whole eggs + 2 whites,
w/ 100g lean turkey ham,
1 cup spinach & 15g cheddar.

270 CALS 26G PROTEIN

YOGHURT



150g 0% fat Greek yoghurt,
1/2 scoop protein powder w/
1-2 drops MyProtein flaxdrops
& 30g rolled oats.

265 CALS 32G PROTEIN

EASY MODE

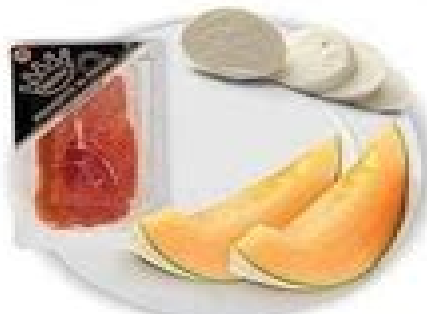


1 scoop protein
w/ 1 cup coffee,
250ml milk (or
water), 1 & cup ice.

With a couple of
pieces of fruit...

377 CALS 34G PROTEIN

SNACK DISH



30g mozzarella cheese, 35g Parma
ham, & 1/2 medium melon.

315 CALS 25G PROTEIN

PANCAKES



1/2 medium banana, 1 scoop
protein powder, 30g rolled oats,
150ml milk, 2 tbsp. 0% Greek yog.
1/2 cup berries & dash of coconut.

415 CALS 38G PROTEIN

BAGEL



25g smoked salmon, 2 tbsp.
Philadelphia light cream cheese
& 1/2 medium bagel.

225 CALS 15G PROTEIN

Protein Breakfast Prices Sign In

Jicheng Xie



Protein Breakfast Prices Sign In:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Protein Breakfast Prices Sign In**

In a world inundated with displays and the cacophony of immediate transmission, the profound energy and emotional resonance of verbal art usually fade into obscurity, eclipsed by the constant barrage of noise and distractions. However, set within the lyrical pages of **Protein Breakfast Prices Sign In**, a fascinating work of literary brilliance that impulses with natural thoughts, lies an unforgettable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this magical opus courses readers on a psychological odyssey, lightly exposing the latent potential and profound impact stuck within the complex web of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book's key styles, dissect their fascinating writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers' souls.

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