

3 HIGH PROTEIN BREAKFAST IDEAS

HIGH PROTEIN BREAKFAST OPTIONS WHICH CONTAIN A GREAT MIX OF WHOLE GRAINS, FRUIT, DAIRY & FAT SOURCES



Wholemeal flour, egg whites, cinnamon, whey protein, frozen blueberries, high protein yoghurt, peanut butter



Protein Pancakes



Oats, banana, strawberries, chia seeds, low fat milk, protein powder



Breakfast Smoothie



Wholemeal bread, cottage cheese, avocado, boiled eggs



Stacked Avo Toast

Protein Breakfast Goodreads Choice Best

Ali Hazelwood



Protein Breakfast Goodreads Choice Best:

Check & Mate Ali Hazelwood, 2023-11-07 In this clever and swoonworthy new novel from the New York Times and Sunday Times bestselling author of *The Love Hypothesis* life's moving pieces bring rival chess players together in a match for the heart Mallory Greenleaf is done with chess Every move counts nowadays after the sport led to the destruction of her family four years earlier Mallory's focus is on her mom her sisters and the dead end job that keeps the lights on That is until she begrudgingly agrees to play in one last charity tournament and inadvertently wipes the board with notorious Kingkiller Nolan Sawyer current world champion and reigning Bad Boy of chess Nolan's loss to an unknown rookie shocks everyone What's even more confusing His desire to cross pawns again What kind of gambit is Nolan playing The smart move would be to walk away Resign Game over But Mallory's victory opens the door to sorely needed cash prizes and despite everything she can't help feeling drawn to the enigmatic strategist As she rockets up the ranks Mallory struggles to keep her family safely separated from the game that wrecked it in the first place And as her love for the sport she so desperately wanted to hate begins to rekindle Mallory quickly realizes that the games aren't only on the board the spotlight is brighter than she imagined and the competition can be fiercely attractive And intelligent and infuriating This novel is suitable for both young adult and adult audiences

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