

High-Protein Breakfast Combos



+



+



=

20 grams
protein

1/2 cup
oats

1 cup
milk

2 tbsp.
PB



+



+



=

27 grams
protein

2 large
eggs

2 slices
bread

1 oz.
cheddar



+



+



=

23 grams
protein

1/2 cup
cottage cheese

1 oz.
almonds

1 tbsp.
chia seeds



+



+



=

31 grams
protein

2 oz.
turkey sausage

1 cup
beans

1 oz.
feta

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Yicheng Fang



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web how to fill out a sample incident report letter 01 begin by providing the date and time of the incident this will help in maintaining accurate records 02 clearly state the location where the incident occurred include specific details such as the address or building name 03 describe the incident in a concise and objective manner

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web mar 18 2021 theft incident report at workplace letter march 18 2021 naid 1 i am writing this letter to register a theft report of my laptop and mobile phone that was stolen last monday from the office i am of the view that this incident occurred during office break hours between 1 00 pm to 3 00 pm

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web feb 15 2021 4 summary of the incident the report also includes a section for the summary of the incident in this section the partner can give a description of what occurred to cause the loss the description should be as detailed as possible and should include the context in which the loss occurred for example as part of a larger conflict or an

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web if one of your items has been stolen here s a template for a sample letter to report a stolen item dear i am writing to report that my item s stolen has have been stolen it is my routine to leave the item at usual location date and time was the last time that i

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web step 2 provide a narration the next step requires you to recount the details of how your item was lost or stolen or when you last saw it be sure to not miss out on any dates times or other relevant information since the lost incident report can be considered a primary source of information be sure to include your personal narrative

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