

HIGH-PROTEIN BREAKFASTS

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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 flavdrops
& 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

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M Walker



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presentation of The Healthy Brain Program c which was an innovative approach to addressing brain care and the need for a long and healthy life first presented to mental health professionals and then to the public starting in 2000 The concepts were presented at many psychiatric conferences both in Canada and the USA in a 10 lecture interactive workshop format to colleagues and to the public They have gained popularity and some Community Mental Health Teams have adopted The Healthy Brain Program c as a platform for delivering brain care After about 350 presentations many colleagues and participants urged the publication of a book format The first edition appeared in 2008 This book Your Healthy Brain is organized along the same lines as the lecture series following the same headings in two parts **Holistic Guide for a**

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NSCA's Guide to Sport and Exercise Nutrition National Strength & Conditioning Association (U.S.),2021 NSCA s Guide to Sport and Exercise Nutrition Second Edition examines the effects that nutrition has on performance health and body composition It helps you understand how to assess an individual s nutrition status and if it falls within your scope of practice develop customized nutrition plans *The A.B.C. Hotel Guide* ,1886 [Sweet Reason](#) James M. Henle,Jay L.

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