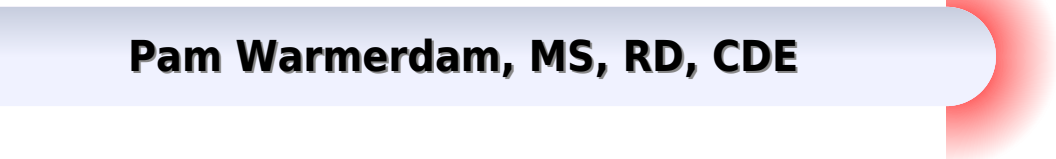




20 high protein breakfast ideas

Protein Breakfast This Month

Pam Warmerdam, MS, RD, CDE



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