

High-Protein Breakfast Combos



+



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=

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



+



+



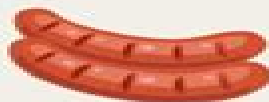
=

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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**United States. Congress. Senate.
Commerce**

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A Summary of Current Program ... and Preliminary Report of Progress for ... United States. Agricultural Research Service. Northern Utilization Research and Development Division, 1964

Catalog of Copyright Entries Library of Congress. Copyright Office, 1959

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NBS Special Publication, 1975

Flying Magazine, 1978-05

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Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),

A Summary of Current Program and Preliminary Report of Progress, 1967

Hearings United States. Congress. Senate. Committee on Commerce, 1970

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Hearings, Reports and Prints of the Senate Committee on Commerce United States. Congress. Senate. Committee on Commerce, 1970

The National Provisioner, 1961 Vols for 1995 include an annual issue with title

Sourcebook **Dry Cereals, Hearings Before the Consumer Subcommittee...91-2, on Dry Cereals, July 23, August 4, and 5, 1970** United States. Congress. Senate. Commerce,1970 **Consumer Protection** United States. Congress. Senate. Committee on Commerce. Consumer Subcommittee,1970 *Dry Cereals* United States. Congress. Senate. Committee on Commerce. Consumer Subcommittee,1970

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