

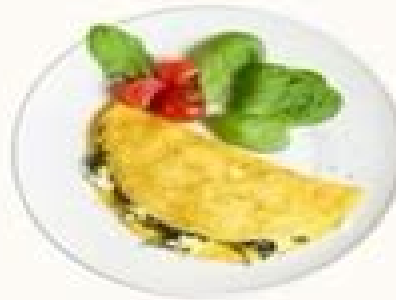
LOW SUGAR HIGH PROTEIN BREAKFASTS

for Mindful Weight Loss



Protein Yogurt Bowl

1 cup non-fat greek yogurt
½ scoop protein powder
¼ cup blueberries
2 tbsp crushed nuts



Spinach Omelette

2 eggs
1 cup spinach
½ cup cherry tomatoes
½ oz low-fat cheese



Protein Shake

1 cup unsweetened almond milk
1 scoop protein powder
1 tbsp almond butter
crushed ice



Baked Egg Cups

6 eggs
1 cup chopped bell peppers
2 oz low-fat cheese
avocado oil spray



Cottage Cheese Bowl

1 cup low-fat cottage cheese
¼ cup blueberries
¼ cup raspberries
1 tbsp ground flaxseed



Avocado Toast with Egg

1 slice Dave's Killer Bread
¼ avocado, mashed
1 soft-boiled egg, sliced
1 tsp EBTBS

Protein Breakfast Compare Customer Service

Terry C. Jones



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