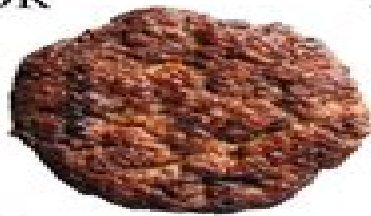


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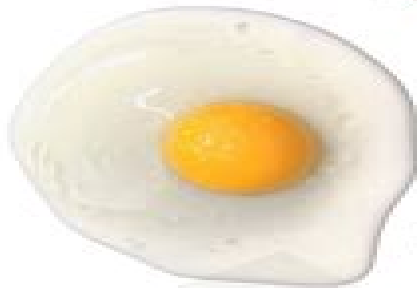
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GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

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LENTILS



QUALITY
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LEFTOVER
MEAT OR FISH



NUT BUTTER



NUTS & SEEDS



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- Chapter 2: Essential Elements of Protein Breakfast Guide Tutorial
- Chapter 3: Protein Breakfast Guide Tutorial in Everyday Life
- Chapter 4: Protein Breakfast Guide Tutorial in Specific Contexts
- Chapter 5: Conclusion

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