

HIGH PROTEIN

Breakfast Ideas



Cottage Cheese
25g protein (1 cup)



Greek Yogurt
22g protein (1 cup)



Salmon
22g protein (3 oz)



Tempeh
18g protein (3 oz)



Ham
16g protein (3 oz)



Black Beans
15g protein (1 cup)



Eggs
12g protein (2 eggs)



Milk or Soy Milk
8g protein (1 cup)



Quinoa
8g protein (1 cup)



Tofu
8g protein (1 cup)



Nut Butter
7g protein (2 Tbsp)



Cheese
7g protein (1 oz)

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