

30g Protein

Calories: 362
Fat: 19g
Carbs: 22g
Sugar: 13g
Fiber: 7g

Yogurt Bowl:

+1 cup 2% plain Greek yogurt
+1oz sliced almonds
+1/2 cup raspberries



29g Protein

Calories: 276
Fat: 16g
Carbs: 5g
Sugar: 2g
Fiber: 1g

Omelet:

+1 egg
+2 egg whites
+2oz chicken apple sausage
+1/2 cup spinach



30g Protein

Calories: 399
Fat: 17g
Carbs: 37g
Sugar: 6g
Fiber: 8g

Breakfast Burrito:

+1 whole-wheat tortilla
+1 egg
+2 egg whites
+1/4 cup black beans
+1/4 cup shredded cheese
+3 slices tomato



30g Protein

Calories: 290
Fat: 18g
Carbs: 21g
Sugar: 6g
Fiber: 5g

Avocado Toast:

+1 slice whole-wheat toast
+1/4 avocado
+3oz smoked salmon
+1 fried egg



29g Protein

Calories: 399
Fat: 17g
Carbs: 37g
Sugar: 6g
Fiber: 8g

Cereal:

+1 1/2 cups Kashi GOLEAN cereal
+1 cup skim milk
+2 tbsp hemp seeds
1/3 cup blueberries



29g Protein

Calories: 423
Fat: 15g
Carbs: 48g
Sugar: 10g
Fiber: 12g

Banana PB Smoothie:

+1 cup 2% plain Greek yogurt
+1 small frozen banana
+2 tsp peanut butter
+1 tsp chia seeds
1 tsp cocoa powder
+1/2 cup unsweetened almond milk



Labor Day Sale Protein Breakfast Guide

Rachel S Tattersall



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