

High-Protein Breakfast Combos



+



+



=

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



+



+



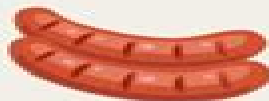
=

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

Protein Breakfast Deal

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Revolution Gerard E. Mullin, 2017-07-03 Research shows that gut microflora and intestinal microbiota play a pivotal role in weight maintenance through its influence on metabolism appetite regulation energy expenditure and endocrine regulation Gut flora imbalance is why so many people can't lose weight despite exercising more and eating less In *The Gut Balance Revolution* Dr Gerard Mullin the foremost authority on digestive health and nutritional medicine explains how to prevent leaky gut inflammation and insulin resistance which are major contributors to obesity This book will teach you how to rebalance the gut microbiome using a simple three step method Reboot Weed out fat forming bad bacteria by eliminating foods that make them grow and promote inflammation insulin and fat accumulation and reignite fat burning metabolism with exercise and dietary supplements Rebalance Reseed your gut with good bugs and fertilize these friendly flora to establish a healthy gut ecology reduce stress and reinstitute a healthy lifestyle including sleep hygiene Renew Carry this lifestyle adjustment forward and maintain your weight with good eating habits with allowances for pleasure foods The book features step by step meal plans shopping lists restaurant guides recipes recommendations on dietary supplements and exercises for each phase so you can easily reboot rebalance and renew your health **The New Yorker** Harold Wallace Ross, William Shawn, Tina Brown, Katharine Sergeant Angell White, David Remnick, Rea Irvin, Roger Angell, 1960 **Get Your Family Eating Right** Lynn Fredericks, Mercedes Sanchez, 2013-08 Get Your Family Eating Right is broken up into daily nutritional strategies such as Swap Out Whole Grains for Flour or Eat 5 Colors Per Day that are grounded in proven nutritional concepts and science and can be used by young children teenagers and adults alike *Mademoiselle* , 1981 *Natural Hormones* Carlson Wade, 1973 *Good Housekeeping* , 1975 **Life** , 1965 *The Health Finder* Jerome Irving Rodale, 1954 **Harper's Magazine** Henry Mills Alden, Thomas Bucklin Wells, Lee Foster Hartman, Frederick Lewis Allen, 1976 Catalog of Copyright Entries, Third Series Library of Congress. Copyright Office, 1960 The record of each copyright registration listed in the Catalog includes a description of the work copyrighted and data relating to the copyright claim the name of the copyright claimant as given in the application for registration the copyright date the copyright registration number etc **Journal of the American Dietetic Association** American Dietetic Association, 1956 *Special Bulletin ...* Michigan State University. Agricultural Experiment Station, 1915 *Commercial Prints and Labels* Library of Congress. Copyright Office, 1959 **Medical Economics** Harrie Sheridan Baketel, 1967-04 **The Nation** , 1972 **The Saturday Evening Post** , 1960

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