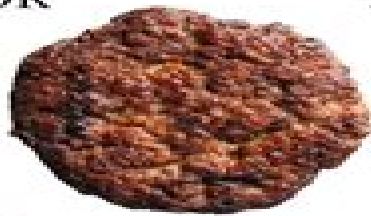


Breakfast Proteins

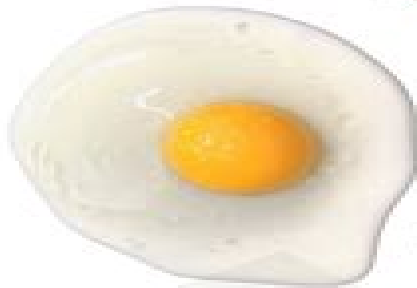
SAUSAGE OR
GROUND
MEAT



PROTEIN POWDER
*(in smoothie or
oatmeal)*



EGGS



OVERNIGHT
QUINOA

BEANS &
LENTILS



QUALITY
DAIRY



LEFTOVER
MEAT OR FISH

NUT BUTTER



NUTS & SEEDS



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Wolfgang Guggemos

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

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Catalog Food and Nutrition Information Center (U.S.),1974 **Catalog. Supplement - Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),
Small Business Sourcebook ,2005 A guide to the information services and sources provided to 100 types of small business by associations consultants educational programs franchisers government agencies reference works statisticians suppliers trade shows and venture capital firms *The Outlook* ,2004-08 **Better Homes and Gardens** ,2000 The Software Encyclopedia ,1997 **The Lilaguide: Baby-Friendly Atlanta Area** Lissa Poirot,2005-09 Like they say everything changes when you have a baby That s why the lilaguide has become the essential item on every new parent s checklist Most parents wish their baby came with some sort of user friendly handbook Luckily babies come with a lot of excellent word of mouth advice from other parents and friends In fact we found that nearly every parent out there has a great piece of child rearing advice such as which baby store is the most helpful or which restaurant tolerates strained carrots on the floor Someone we thought should write this stuff down And that s how please pardon the pun the lilaguide was born Our guides are literally written by parents for parents through thousands of volunteer surveys It s what happens when someone does write all the parent wisdom down organizes it calculates it and presents it in an easy to use format **Nutrition Connection** ,1995
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Restaurants & Institutions ,2009 **Brandweek** ,2008-10 **Quill & Quire** ,2000 *Theoretisch-praktischer Lehrgang der englischen Sprache mit genügender Bezeichnung der Aussprache für höhere Schulen* Karl Deutschbein,1883
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