

# 3 HIGH PROTEIN BREAKFAST IDEAS

HIGH PROTEIN BREAKFAST OPTIONS WHICH CONTAIN A GREAT MIX OF WHOLE GRAINS, FRUIT, DAIRY & FAT SOURCES



*Wholemeal flour, egg whites, cinnamon, whey protein, frozen blueberries, high protein yoghurt, peanut butter*



*Protein Pancakes*



*Oats, banana, strawberries, chia seeds, low fat milk, protein powder*



*Breakfast Smoothie*



*Wholemeal bread, cottage cheese, avocado, boiled eggs*



*Stacked Avo Toast*

# Protein Breakfast Weekly Ad Ideas

**Great Britain. Parliament. House of  
Commons. Health Committee**



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Educational Materials Center* Food and Nutrition Information and Educational Materials Center (U.S.),1973      **Food and  
Nutrition Information and Educational Materials Center Catalog** Food and Nutrition Information Center (U.S.),1976  
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Great Britain. Parliament. House of Commons. Health Committee,2004 Obesity Third Report of Session 2003 04  
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The Publishers Weekly ,2004      **The Progressive Grocer** ,1961      **Annual Report** New Zealand. Poultry Board,1974  
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