

High Protein Breakfasts

Greek Yogurt Bowl

- 5.3 oz Oikos Pro vanilla yogurt
 - 20g protein/140 cal
- ¼ cup berries
 - 1g protein/25 cal
- 1 Tbsp. sliced almonds
 - 1g protein/30 cal
- 2 Tbsp. ground flaxseed
 - 3g protein/80 cal

Total: 25g protein/275 cal/13g fiber

Omelet

- 1 egg
 - 7g protein/80 cal
- 3 egg whites
 - 12g protein/30 cal
- 1 oz. low-fat cheese
 - 8g protein/100 cal
- Favorite vegetables
 - 0g protein/20-40 cal

Total: 27g protein/230 cal

High Protein Cereal

- ¾ cup Kashi Go Breakfast Cereal + 5 oz premade vanilla protein shake
 - 25g protein/300 cal
- 1 cup Premier Protein Cereal + 1 cup Fairlife 2% milk
 - 33g protein/300 cal
- 1 & 1/3 cup Special K Cereal + 5 oz premade vanilla protein shake
 - 25g protein/290 cal

Egg Muffin Sandwich

- Thomas Light English Muffin
 - 4g protein/100 cal
- 1 egg
 - 7g protein/80 cal
- 1 thin slice cheddar cheese
 - 6g protein/60 cal
- 2 slice Canadian bacon
 - 7g protein/45 cal

Total: 24g protein/285 cal

Protein Shake

- Premade protein shake
 - 30g protein/160 cal
 - 1 small banana
 - 1g protein/90 cal
- Total: 31g protein/250 cal

Homemade:

- 1 cup unsweetened milk alternative
 - 1g protein/45 cal
- 1 serving whey protein powder
 - 25g protein/130 cal
- ½ cup frozen fruit/berries
 - 1g protein/50 cal
- Ice blended together

Total: 27g protein/225 calories

Peanut Butter Power Oats

- ½ cup dry oats
 - 5g protein/150 cal
- ¾ cup water or unsweet milk alternative
- Cook in microwave for 2 ½ - 3 minutes - oat will be thick
- Stir in 1/3 premade protein shake
 - 10g protein/55 cal
- 2 Tbsp. PB Fit Peanut Butter Powder
 - 8g protein/60 cal
- ½ small banana sliced
 - .5g protein/45 cal

Total: 24g protein/310 calories