## 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

Total: 24g protein/285 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 slide 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