

HIGH PROTEIN BREAKFAST GUIDE

Target: 25g-35g Protein & Weight Loss Optimized & Low Glycemic

Category	Meal Combination	Est. Protein
Egg Based	Veggie Omelet 3 Large eggs, 1/4 cup feta, spinach, and mushrooms.	28g Protein
Plant Based	Tofu Scramble 7oz Firm tofu, nutritional yeast, black beans, and salsa.	26g Protein
Dairy Focused	Greek Yogurt Bowl 1 cup Non-fat Greek yogurt, 1 scoop collagen, hemp seeds.	35g Protein
Quick Prep	Cottage Cheese Toast 1 cup Cottage cheese on sprouted grain bread with crushed pepper.	30g Protein
Smoothies	Power Green Shake 1.5 scoops Whey/Pea protein, almond butter, spinach, water.	32g Protein
Grains	Protein Oats (Proats) 1/2 cup Oats cooked with egg whites stirred in + 1tbsp chia seeds.	25g Protein

Note: Prioritize whole food sources and monitor portion sizes for caloric deficit.