

PROTEIN-RICH BREAKFAST CHART

CATEGORY	BREAKFAST OPTION	EST. PROTEIN
Eggs	3 Large Scrambled Eggs w/ Spinach	18g
Dairy	Greek Yogurt (1 Cup) w/ Almonds	24g
Dairy	Cottage Cheese (1 Cup) w/ Berries	28g
Grains	Overnight Protein Oats w/ Chia	20g
Plant-Based	Tofu Scramble w/ Nutritional Yeast	15g
Meat	Turkey Sausage & Egg White Wrap	22g
Smoothie	Whey/Pea Protein Shake w/ Nut Butter	30g
Fish	Smoked Salmon on Whole Grain Toast	16g