

SMART CHOICES FOR A HIGH-PROTEIN BREAKFAST



Avocado omelet

Greek yogurt with berries & nuts



Peanut butter & banana toast



Ricotta pancakes with blueberries



Cottage cheese with fruit



Burrito with eggs, black beans, & turkey sausage



Quinoa with milk, banana slices, & walnuts



Oatmeal with cinnamon & skim milk

