

High Protein Breakfast



1 Egg and Veggie Omelette

A yummy omelette made of 2 eggs, 2 egg whites, spinach, green onion and mushrooms packs in 25+ grams of protein. Add 1 cup of cottage cheese to get 50+ grams.



2 Greek Yogurt Parfait

1 1/2 cup of plain Greek yogurt topped with berries like blueberries, raspberries or strawberries and 1/2 cup of homemade granola will provide 40+ grams of protein.



3 Chia Seed Steel Cut Oatmeal

This delicious chia seed steel cut oatmeal recipe packs in the flavor and offers around 22 grams of protein. Top with raspberries and blueberries and you have a healthy meal.



4 Avocado Salmon Toast Scramble

1 egg and 1 egg white scramble on 2 slices of toast layered with avocado and smoked salmon offers over 35 grams of protein.