

# HIGH PROTEIN

## Breakfast Ideas



**Cottage Cheese**  
25g protein (1 cup)



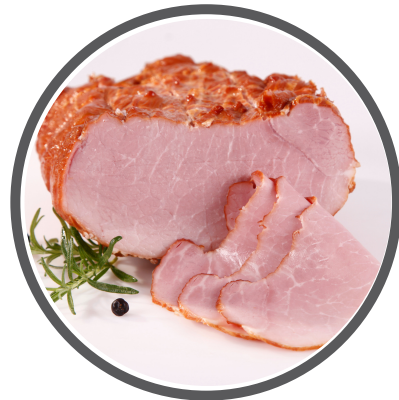
**Greek Yogurt**  
22g protein (1 cup)



**Salmon**  
22g protein (3 oz)



**Tempeh**  
18g protein (3 oz)



**Ham**  
16g protein (3 oz)



**Black Beans**  
15g protein (1 cup)



**Eggs**  
12g protein (2 eggs)



**Milk or Soy Milk**  
8g protein (1 cup)



**Quinoa**  
8g protein (1 cup)



**Tofu**  
8g protein (1 cup)



**Nut Butter**  
7g protein (2 Tbsp)



**Cheese**  
7g protein (1 oz)