

HIGH-FIBER & HIGH-PROTEIN SAVORY BREAKFASTS

RECIPE	PROTEIN	FIBER
	Sweet Potato Hash	25 Grams 12 Grams
	Meal Prep Breakfast Sandwich	39 Grams 7 Grams
	Butternut Squash and Apple Hash	25 Grams 5 Grams
	Poached Egg Avocado Toast	23 Grams 7.7 Grams
	Breakfast Tacos	33 Grams 15 Grams
	Breakfast Burritos	25 Grams 9 Grams
	Freezer Breakfast Sandwich	21 Grams 5 Grams

HIGH-FIBER & HIGH-PROTEIN SWEET BREAKFASTS

RECIPE		PROTEIN	FIBER
	Spinach Banana Pancakes	15 Grams	4.5 Grams
	Cottage Cheese Smoothie	17 Grams	7 Grams
	Banana Chia Pudding	10 Grams	9 Grams
	Berry Smoothie	20 Grams	16.8 Grams
	Peanut Butter Banana Overnight Oats	19.4 Grams	10.7 Grams
	Coffee Overnight Oats	30 Grams	8 Grams