

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