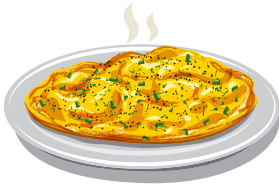




30g of Protein Quick Meal Ideas

1



Omelette

3 eggs, 1oz. or less cheddar cheese, peppers, spinach, side of fruit. About 37g of Protein

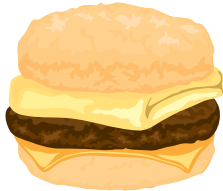
2



Protein Oatmeal

1 cup cooked oats, 2 scoops collagen, 1 Tbsp hemp hearts, 1/4 cup of milk, could add cinnamon and a little maple syrup. About 31g of Protein

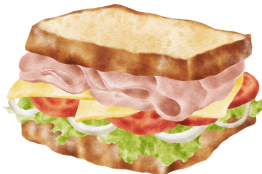
3



Breakfast Sandwich

2 eggs, Applegate sausage patty, Colby Jack Cheese, English Muffin. Fruit and vegetable as sides. About 31g of Protein

4



Turkey Sandwich

2 slices of bread, 4 slices of deli turkey, 2 square slices of cheese, other toppings, fruit and vegetables as sides. About 32g of Protein

5



Chicken Noodle Soup

3 oz. of chicken, 1/2 cup bone broth, noodles, carrots, celery, onion, spices. About 36g of Protein



30g of Protein Quick Meal Ideas

6



Turkey Meatballs

3 oz. of ground turkey meatballs, 1 cup of quinoa, spices, vegetables, side of fruit. About 30g of Protein

7



Taco Bowl

3 oz. ground beef, 1/2 cup black beans, rice, whatever toppings you enjoy. About 30g of Protein

8



Steak and Potatoes

4 oz. of steak, potatoes, butter, vegetables, fruit. About 31g of Protein

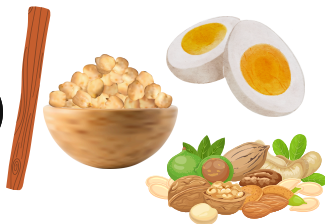
9



Yogurt Bowl

3/4 cup Greek yogurt, scoop of collagen, 1 Tbsp peanut butter, with granola. About 31g of Protein

10



Snack Pack

1 Chomps meat stick, hard boiled egg, 1/2 cup toasted chickpeas, 1 oz. of nut mix. About 29g of Protein