



High Protein Breakfast Cheat Sheet

50 Nutrient-Dense Breakfast
Ideas

@ondreafitspo

50 Nutrient-Dense Breakfast Ideas

Greek Yogurt Parfait with Berries and Almonds

Scrambled Eggs with Spinach and Feta

Protein Pancakes with Nut Butter

Omelette with Chicken and Vegetables

Cottage Cheese and Pineapple Bowl

Quinoa Breakfast Bowl with Nuts and Seeds

Smoked Salmon and Avocado Toast

Turkey and Veggie Breakfast Burrito

Protein Smoothie with Greek Yogurt and Berries

Egg Muffins with Turkey Sausage

Peanut Butter Banana Overnight Oats

Chia Seed Pudding with Almond Milk

Tofu Scramble with Vegetables

Protein Waffles with Cottage Cheese

Breakfast Wrap with Turkey Bacon and Egg

Almond Butter and Banana Sandwich

Spinach and Mushroom Egg White Frittata

High-Protein Quiche with Broccoli and Cheese

Salmon and Cream Cheese Bagel

Chickpea Flour Pancakes with Veggies

Protein-Packed Breakfast Burrito Bowl

Cottage Cheese and Tomato Toast

Turkey and Egg Breakfast Casserole

Protein-Packed Acai Bowl

Avocado and Egg Breakfast Sandwich

Greek Yogurt and Berry Smoothie Bowl

Protein-Packed Banana Bread

Shakshuka with Chickpeas

Turkey and Cheese Breakfast Quesadilla

50 Nutrient-Dense Breakfast Ideas

Almond Joy Protein Oatmeal

Veggie and Tofu Scramble Wrap

Egg and Black Bean Breakfast Bowl

Peanut Butter Protein Smoothie

Quinoa and Egg Breakfast Muffins

High-Protein Blueberry Muffins

Turkey and Spinach Breakfast Wrap

Chocolate Protein Pancakes

Egg White and Turkey Sausage Breakfast Pizza

Protein-Packed Green Smoothie

Cottage Cheese and Peach Parfait

Quinoa Porridge with Almond Milk

High-Protein Breakfast Tacos

Smoked Salmon and Cream Cheese Bagel

Veggie-Packed Breakfast Casserole

Veggie-Packed Breakfast Casserole


Protein-Packed Breakfast Cookies

Scrambled Tofu Breakfast Burrito

Chicken Sausage and Sweet Potato Hash

Peanut Butter Protein Oatmeal

Spinach and Feta Egg White Wrap



Learning how to navigate your nutrition while trying to reach your fitness goals can be tough.

You probably need help implementing a strategy that works. Book a coaching call with me and I will answer all of your questions!

BOOK NOW



ONDREA SPEARMAN
PEACE OF FITNESS FOUNDER/OWNER

