

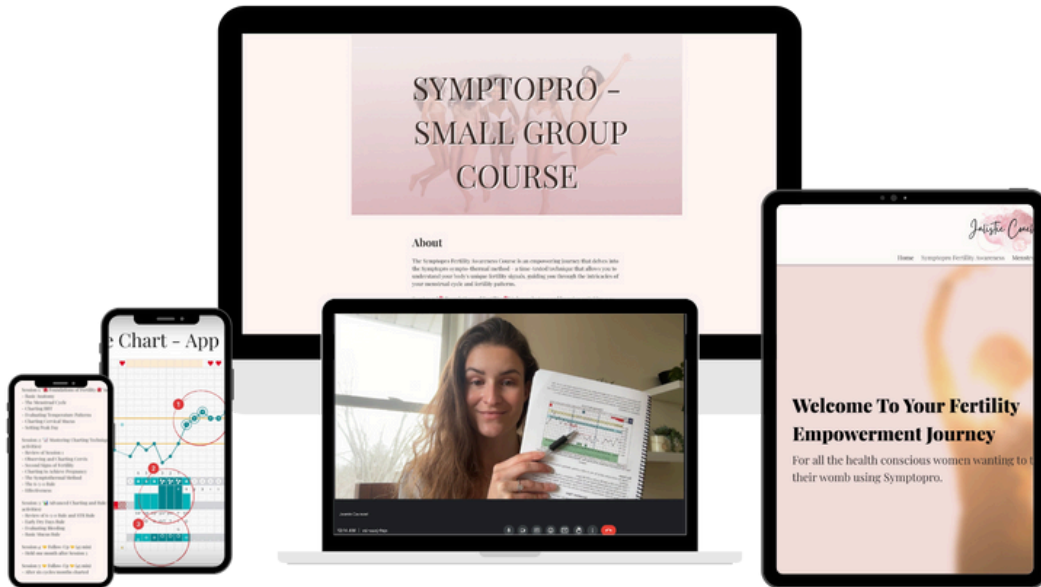
10 Breakfast Ideas with 30+ Grams of Protein

Being intentional about your protein intake is a crucial step in optimizing hormones, balancing blood sugar, and improving PMS symptoms.

- 5 ounces smoked salmon (eg. bagel with cream cheese, smoked salmon and micro greens)
- 1 cup cottage cheese (eg. cottage cheese, mixed berries and honey drizzle)
- 4 slices turkey bacon (eg. scramble eggs with chopped peppers and turkey bacon)
- 5 ounces canned tuna (eg. tuna salad sandwich)
- 1.5 cups Greek yogurt (eg. unsweetened yogurt with fruit of choice, honey and chia seeds)
- 1 cup tofu scramble (eg. tofu scramble with onions, mushroom and peppers)
- 4 ounce lean chicken breast or ground chicken (eg. chicken burrito with greens, black beans and salsa)
- 1 scoop protein powder (depending on brand might vary) (eg. mix into a smoothie or oatmeal)
- 5 large eggs or 2-3 eggs with extra egg whites (eg. veggie quiche or egg bites)
- 5 ounce ground beef (eg. skillet with ground beef, sweet potatoe, cheese, and veggie of choice)

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