

TerraAnn

12 PROTEIN FORWARD BREAKFAST IDEAS

CLICK NAME TO ACCESS RECIPES

- 01 [Breakfast Casserole](#)
- 02 [Zero Carb Egg Muffins](#)
(add breakfast sausage on the side for extra protein)
- 03 [Egg Yolk Pudding](#)
- 04 [Meaty Breakfast Muffins](#)
- 05 [Meat & Cheese Casserole](#)
- 06 [Keto Breakfast Quesadillas](#)
- 07 Smoked Salmon & Cream Cheese
- 08 Burger Patties with Butter or Avocado
- 09 Breakfast Sausage
(on its own or add avocado or butter on the side)
- 10 [Canned Sardines with Primal Kitchen Mayo](#)
([or make your own mayo](#)).
- 11 [Canned Salmon](#) with Mayo or Avocado
- 12 [Breakfast Hash](#)

Click [HERE](#) to learn:
WHAT IS BIOAVAILABLE PROTEIN?