



## Breakfast Protein Sources

- Steak
- Chicken Breast
- Bacon
- Lean Ham
- Lean Ground Beef
- Roast Beef
- Salmon
- Elk
- Venison
- Buffalo
- Turkey
- Eggs
- 2% Greek Yogurt
- Feta Cheese
- Goat Cheese
- Walnuts

# XLATHLETE

- Almonds
- Sunflower Seeds
- Cashews
- Hazelnuts
- Pistachios
- Peanut Butter
- Almond Butter
- 2% Cottage Cheese
- Black Beans
- Kidney Beans