

A top-down view of a white ceramic bowl filled with oatmeal. The oatmeal is topped with a generous amount of fresh raspberries and several blueberries. A white ceramic spoon is placed diagonally across the bowl. The bowl sits on a light-colored wooden surface, and a portion of a grey and white patterned cloth is visible on the left side.

# **Breakfasts With 30+ Grams of Protein**

# Grams Recipes Favorite Recipes Yourself

**Sabine Zange**



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