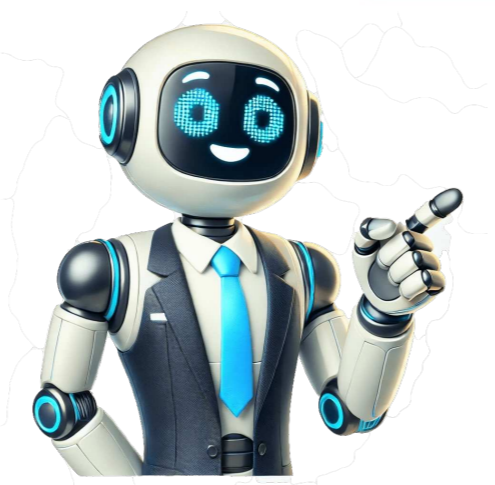


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Sheet: 18.67 grams per pieceYou'll need: sweet potato, bell pepper, red onion, garlic powder, basil, parsley, eggs, half & half, cheese, arugula or spinach I mentioned at the top that chia seeds are a great way to get more protein in your diet – and that's true. But you need to add to get enough protein to last the whole morning. And that's just what this recipe does. It's mild, sweet, the perfect healthy fill kinds of toppings, he it fresh fruit, honey, or peanut butter. Protein: 27.7 gramsYou'll need: chia seeds, almond milk, vanilla protein powder, cinnamon In search of sweet high protein breakfast recipes? Try this! Keto, low-carb, and diabetic-friendly, it's nourishing and nutritious without sacrificing any of the taste. And all you need is cottage cheese and mango! How easy is that? Protein: 24 grams per servingYou'll need: cottage cheese, mango, honey (as needed) Italian sausage, potato, onion, and melted cheese – you better wake up with an appetite for this heavenly casserole. It's a meal for the morning, but you don't have to eat it all in one sitting. In fact, it's so good you'll want to save some for lunch. Protein: 20.42 grams per sliceYou'll need: Italian sausage, red onion, potatoes, eggs, whole milk, broccoli, cheddar cheese, chives I love Weetabix. But I typically have it with warm milk and sugar. So I was super excited to try this as an alternative to overnight oats! And I was so delighted with how it came out! I made the one with Biscoff spread, and it was just too good to share. Protein: 19.9 gramsYou'll need: Weetabix, chia seeds, almond milk, yogurt, vanilla protein powder, peanut butter or Biscoff, maple syrup High fiber, high-protein, gluten-free, vegetarian-friendly, low-carb...what more could you ask from high-protein breakfast recipes? It may not be a looker, but enchilada scrambled eggs are impossible to resist. And if you want it even more filling, try tofu crumbles or shredded chicken. Protein: 25.5 gramsYou'll need: egg whites, adobo seasoning, enchilada sauce, cheddar cheese, scallions, avocado Doen't this look incredibly satisfying? The bagel, the guac, the bacon...oh, eh, gee! And yes, you can have your bagel and eat it too! That's because you'll use the provided recipe for high-protein bagels with Greek yogurt and egg whites. Haven't tried those yet? I can't recommend them enough! Protein: 25 gramsYou'll need: Greek yogurt bagels, eggs, bacon, tomatoes, avocado, red pepper flakes Pizza for breakfast? Sign me up! The crust is a quick mix of mozzarella, cream cheese, eggs, and almond flour. Meanwhile, you'll load it up with bacon, breakfast sausage, onions, and more cheese. It's one of the higher calorie recipes on the list, but there's plenty of protein! Protein: 28 grams per sliceYou'll need: shredded mozzarella, cream cheese, eggs, almond flour, heavy cream, butter, bacon, sausage, cheddar, scallions Between the eggs, bacon, and cheese, this is one of those high protein breakfast ideas you'll crave again and again. You'll also add chipotle chili powder, salsa, and avocado slices for a nice Tex-Mex twist. Serve them with hot sauce, and get ready to drool! Protein: 25 gramsYou'll need: bacon, eggs, milk, chili powder, Monterey jack cheese, corn tortillas, avocado, cilantro, salsa These high-protein breakfast ideas are tasty and satisfying and will give you a nice boost of energy to boot! And no, it's not all eggs and Greek yogurt. High Protein Pancakes with Greek Yogurt and Oats Three -Minute Egg White Oatmeal Strawberry Banana Granola Parfaits Best High-Protein Egg Muffins High Protein Overnight Oats High Protein Quinoa Eggs Scramble Sausage and Egg McMuffins Vegan Breakfast Sandwich Poached Egg and Avocado Toast High Protein Black Bean Burrito with Tzatziki Sauce High Protein, Low Carb Spinach Frittata Egg White Wraps with Smoked Salmon, Spinach, and Feta Cottage Cheese Pancakes Starbucks Egg White Wrap with Spinach and Feta Instant Pot Breakfast Congee Peanut Butter Banana Smoothie Protein Anabolic French Toast Bisquick Breakfast Casserole Huevos Rancheros High-Protein Pumpkin Baked Oatmeal Protein Cookies and Cream Baked Oats Sweet Potato Frittata Overnight Protein Chia Cudding Mango Whipped Cottage Cheese Italian Sausage Breakfast Casserole Overnight Weetabix High-Protein Enchilada Scrambled Eggs Bacon Egg and Avocado Bagel Breakfast Sandwich Meat Lovers Breakfast Pizza Breakfast Tacos Select your favorite recipe.Organize all the required ingredients.Prepare a high-protein breakfast in 30 minutes or less! Kickstart your day with these high-protein breakfast recipes. From savory egg dishes to sweet oats, these recipes are adored by EatingWell readers who give them a 4- and 5-star ratings. Plus, with at least 15 grams of protein per serving, these recipes offer both delicious flavors and sustained energy to fuel your day ahead. Recipes like our White Chocolate Reese's Peanut Butter Cup Overnight Oats and our Frittata with Asparagus, Leek & Ricotta are so good, you're going to want to make them again and again. Photographer: Robby Lozano, Food Stylist: Catherine Jesse, Prop Stylist: Josh Hoggie Put a twist on your overnight oats with these jars inspired by the flavors of a popular cafe. The white chocolate shell mimics the exterior of the peanut butter cup for a fun breakfast. Don't skip the peanuts on top as they add a nice crunch. Feel free to swap in any milk or nut butter you prefer. Photographer: Bri Goldman, Food Stylist: Holly Dressman Fill yourself up with this ultra-quick egg, spinach and Cheddar breakfast sandwich. It's not only fast, but there's a good chance you already have the ingredients on hand that you'll need to pull it together, so you can skip a trip to the store before your busy workweek. Photographer / Jacob Fox, Food styling / Sue Mitchell, Food Styling / Kelsey Bulat Serve this spring-vegetable-loaded frittata with an arugula salad and a hunk of crusty bread. Tip: This recipe cooks quickly, so be sure to have all your ingredients prepped and ready to go. All Redmond mornings just get easier with these satisfying breakfast burritos made with eggs, spinach, serrano peppers and cheese. These burritos can last for months in the freezer and reheat within minutes in the microwave, so keep a stash on hand for when you need a quick, healthy breakfast. Johnny Autry A cheesy, spinach-packed quesadilla is topped with a sunny-side-up egg for a quick, protein-packed breakfast. Top with hot sauce for a kick of spice. Photographer: Jennifer Causey, Food Stylist: Julian Henslering, Prop Stylist: Christina Daley Low dessert for breakfast or breakfast for dessert? This brownie-batter overnight oats recipe is a delicious way to start or end your day. The melted chocolate shell on top is fun to eat, plus adds texture and sweetness. If you want to skip the melted chocolate topping, stir the chocolate chips and cocoa nibs directly into the oats. Johnny Autry Hard-boiled eggs are combined with spinach, cheese and salsa for a quick, flavorful breakfast. Mashed avocado provides a creamy element while a squeeze of lime juice brings acidity. Oats get a new life in this savory dish, serving as the backbone for a satisfying combo of sausage, greens, tomatoes and herbs. Greg DuPree Blueberries and raspberries top these matcha overnight oats for a quick, meal-prep-friendly breakfast. Give your morning eggs a tasty spin by building an easy individual pizza on a prepared pan. Photographer: Morgan Hunt Glaze, Food Stylist: Jennifer Wendorf, Prop Stylist: Shell Royster Requiring just three main ingredients—bell peppers, eggs and shredded cheese—these portable baked eggs are simple to assemble and perfect for meal prep. Will Dickey This sweet potato, sausage and apple casserole is perfect for brunch or dinner. The crunchy top of the toasted bread combines winningly with a custardy filling studded with apples, sweet potatoes and savory sausage. Casey Barber This riff on broccoli, ham and cheese omelets adds all the same flavors to a big batch of easy-to-prep eggs, thanks to your sheet pan. With this simple recipe, you can easily meal-prep breakfast for the week. Serve them as is or in a sandwich. Let your muffin tin help you meal-prep a week's worth of protein-rich muffin-tin eggs with the classic combo of ham, Cheddar cheese and broccoli to stash in the fridge or freezer for those extra-busy mornings. Frittatas are like omelets, only easier—and they taste great hot, warm or cold. This vegetable-packed version is spiked with flavor and paired with a cool salad of lemony cucumbers and tomatoes with creamy avocado. This easy recipe is perfect for brunch, lunch or dinner! Colorful bell pepper rings stand in for bread in this healthy version of egg in a hole. Cook an egg inside the peppers and top with a vibrant avocado salsa for a cheerful breakfast. Instead of wrapping up eggs in a tortilla for a classic breakfast burrito, we're wrapping up veggies and bacon in a tortilla made out of eggs. Just whip up an easy omelet and nestle your cooked veggies inside to slash the carbs in this healthy, gluten-free burrito. A simple combination of Greek-style yogurt and blueberries gets an extra touch of sweetness from golden honey. It's the perfect balance of protein and fiber to keep you energized. Pick your favorite table-worthy baking dish for this healthy French toast recipe—the breakfast casserole goes straight from the oven to the table. Serve with pure maple syrup. When you combine these two Tex-Mex-inspired favorites, the delicious question becomes whether to enjoy them at breakfast, brunch, lunch or dinner! Tacos Rancheros will become your favorite way to combine eggs and the classic flavors of tacos. Make this kale and avocado omelet for a satisfying, high-protein breakfast. Fiber-rich kale will keep hunger at bay for longer in this healthy omelet recipe. Hummus, sprouts and avocado top sprouted whole-wheat bread in this healthy veggie lunch idea. Look for ranchored bread in the freezer section of your grocery store. Inspired by traditional Spanish tortillas made with potatoes, this healthy frittata recipe swaps potatoes for low-carb cauliflower. Serve it along with kale (or your favorite greens) for brunch or an easy breakfast-for-dinner. 1Protein: 7gWho knew that coffee's perfect match could also help get you the protein and fiber you need to tackle the day. Walnuts are a good source of both, and the sour cream and eggs lend a little more protein. Enjoy your slice with about 1/2 cup yogurt topped with fruit and optional more chopped nuts to hike your protein content even more. Get the Raisin-Walnut Coffee Cake recipe. 2Mike GartenProtein: 12gFinding a vegan grab-and-go breakfast that is packed with protein (and made ahead!) is no easy feat: this jar packs in 12g in total. Soaking your chia seeds in plant-based milk makes them delectably soft overnight. Get the Chilled Overnight Chia recipe. Advertisement - Continue Reading Below3Mike GartenProtein: 12gSince granola is often quite high in fiber, it makes for an excellent breakfast base on most days. Serving it with dairy (yogurt for the win!) or even purées is a great way to also add protein into the mix. Get the Best-Ever Granola recipe. 4Mike GartenProtein: 25gThe humble egg reigns supreme when it comes to a savory protein-rich morning pick. One large egg averages about 6g protein, and this yummy creation ups the protein ante by introducing flaked fish (and an optional dollop of crème fraiche) to the mix.Get the Trout Scrambled Eggs recipe. Advertisement - Continue Reading Below5Mike GartenProtein: 20gAvo isn't the only acceptable toast topper! Whole grain mustard and a light layer of mayo give this gooey egg toast egg salad vibes—and plenty of protein!Get the Jammy Egg Toasts recipe.6Mike GartenProtein: 23gGet your protein four (yes, count 'em—four!) ways: chorizo, eggs, and both yellow and sweet potatoes all boast protein. Plus you get fiber, another component to the energy puzzle thanks to its ability to help keep blood sugar levels stable.Get the Roasted Potato and Chorizo Hash recipe.Advertisement - Continue Reading Below7Mike GartenProtein: 9gYep, chocolate and peanut butter are perfectly acceptable for breakfast—especially when it's in the form these squares that get their peanut-y flavor and protein hit from peanut butter powder. Make it super protein heavy by enjoying it with a scoop of Greek yogurt (hello, diner stack vibes!) and even a swirl of peanut butter to really drive that flavor (and protein intake) home.Get the PB Chocolate Sheet Pan Pancakes recipe. 8Brian WoodcockProtein: 12g + toppingsOats are already a good source of protein, and this base for both savory or sweet bowls boosts the protein content even more with the addition of quinoa, brown rice, and barley. Bonus: You can layer on even more protein by choosing toppings like nut smoked salmon.Get the Slow Cooker Porridge recipe from Country Living. Advertisement - Continue Reading Below9Mike GartenProtein: 12gTo be honest, we could eat this protein-centric bread pudding for breakfast or dinner (or lunch or a snack!). Ham, eggs, cheese, and milk all lend protein, and the red onion adds a little fiber, another component to energy production and appetite satisfaction. Feel free to top your portion with a poached or fried egg for more protein.Get the Ham, Cheddar, and Red Onion Bread Pudding recipe. 10Mike GartenProtein: 14gThis Old Bay-scented twist on classic scrambled eggs will satisfy your protein and Southern flavors fix—you get protein via the eggs, russet potato, and kielbasa. Get the Old Bay Scrambled Eggs recipe. Advertisement - Continue Reading Below11Mike GartenProtein: 15gNo, it's not too good to be true—your beloved avocado toast is the perfect protein delivery vessel. By now you know that eggs are rich in this keep-you-full-while-you're-on-the-go nutrient, but if you choose whole grain bread as your base, you'll sneak in a few extra grams of protein, plus fiber.Get the Smashed Avocado Toast with Eggs recipe. Advertisement - Continue Reading Below13Danielle Ochigrosso14Mike GartenProtein: 6gA must-know recipe for any vegetarian, these muffins have a protein-edge thanks to the inclusion of quinoa and almond flour. You can make a batch in 30 minutes, and enjoy them throughout the week with fresh fruit. Add a side egg, turkey bacon, or bit of yogurt to up the protein ante.Get the Very Berry Quinoa Muffin recipe.Advertisement - Continue Reading Below15mike gartenProtein: 6gA smoothie is a natural vessel for your favorite protein powders (especially after a morning workout). Try any of these fruit-forward recipes for quicker (yet delicious!) smoothies in your morning routine, and be sure to use the milk+yogurt base to get some initial protein, or really ratchet things up by adding a scoop of protein powder.Get the Super-Simple Summer Smoothies recipe.RELATED: 12 Best Protein Powders You Can Buy Online16Mike GartenProtein: 22gEggs and bacon are a classic breakfast combo, one that manages to amp up your protein intake in the morning (each slice of this breakfast contains 22g of protein). But ditching the crust on this quiche and adding in some fresh greens makes this savory breakfast so much better for you. Get the Crustless Quiche Lorraine recipe.Advertisement - Continue Reading Below17Danielle OchigrossoProtein Punch: 8gThe spinach filling in this gourmet, home-cook-style "hot pockets" is enough to get each up to 8g of protein. You can add more ingredients (like broccoli and asparagus) to push them closer to 12g easily. Get the Spinach and Cheese Breakfast Pockets recipe.18BURCU ATALAY TANKUTProtein: 12gThey're a classic at breakfast time for a reason – soft scrambled eggs are insanely delicious, downright simple to make, and pack in a lot of protein alongside other veggies or sides of your choice. Our test kitchen experts take you through a quick 6-step process to ensure your eggs are perfect every time.Learn how to make the perfect scrambled eggs »Advertisement - Continue Reading Below20Danielle Ochigrosso DalyProtein: 25gThese overstuffed burritos are for the days when breakfast is leaning into lunch – or, for days when you know you won't have lunch. You'll need two hands (and some napkins!) to chow through this delicious meal. Get the Breakfast Burritos recipe.Watch Next Advertisement - Continue Reading Below Showing 1 to 24 of 36 resultsA star rating of 4.6 out of 5.140 ratingsServe this sharing dish for brunch, lunch or dinner, with plenty of warm pitta bread for scooping up the delicious sauce. It's inspired by the flavours of Turkish menemenA star rating of 4.7 out of 5.38 ratingsWith courgette, peppers and eggs, this vegetarian dish is a filling, healthy breakfast for all the family – kids will enjoy dipping toast into soft egg yolkA star rating of 4.8 out of 5.35 ratingsIf you're in need of a healthy protein boost, try making this healthy omelette for breakfast – using fewer yolks lowers the cholesterolA star rating of 4.4 out of 5.24 ratingsA vegetarian breakfast with bite, try this egg dish with cream cheese, herbs and grilled tomatoesA star rating of 4.2 out of 5.29 ratingsProtein-packed eggs with antioxidant-rich broccoli make this a healthy and satisfying breakfast choiceA star rating of 4.4 out of 5.11 ratingsAdd protein powder to these oat and banana pancakes for a filling breakfast. Serve stacked with a dollop of Greek yogurt, sliced bananas and maple syrupA star rating of 4.2 out of 5.78 ratingsUp your protein with these pancakes made with eggs, oats, milk and protein powder. A great breakfast after a workout, enjoy with nut butter or fruitA star rating of 3.8 out of 5.14 ratingsDo something different with your eggs and smoked salmon by baking into a bread roll for an extra special brunchA star rating of 4.7 out of 5.14 ratingsHealthy, low-calorie and gluten-free - these herbly egg 'pancakes' will become your go-to favourite for a quick midweek mealA star rating of 4.3 out of 5.147 ratingsHealthy veggie bites that are packed with flavour - a midweek must! This post contains affiliate links. Read our disclosure policy. The best high protein breakfast recipes. Whether you're looking for a high protein breakfast with eggs or without we've got options! If you're trying to eat more protein, it's important to start with your first meal of the day! Eating a high protein breakfast can help keep you full throughout the day and help you make better choices when it comes to eating healthy! (we also love starting the day with a big glass of water with electrolytes) If you're wondering what to eat for a high protein breakfast - we've gathered up 25 high protein breakfast recipes that are easy to make and have 15g+ of protein per serving! Do you need more high protein meal ideas? Check out these 50+ High Protein Dinners, 25+ High Protein Desserts, High Protein Meal Prep Recipes, or High Protein Chicken Recipes! helps you feel full - protein helps you feel fuller for longer. Having a protein packed breakfast can help you power through your morning without hunger helps you make healthier choices - if you're really staying fuller for longer, you're apt to make healthier choices instead of reaching for unhealthy snacks or treats! Strawberry Protein Muffins are gluten free and packed with protein! Easy to make for a healthy breakfast or snack. (18g in 2 muffins) Apple Protein Muffins! These healthy muffins are packed with protein, delicious, and fluffy! (16g in 2 muffins) Pumpkin Protein Muffins are easy to make with healthy ingredients like greek yogurt! Gluten free and packed with 9g of protein. (18g in 2 muffins) Protein Pancakes are made with only 7 simple ingredients. These pancakes are made with protein powder, Greek yogurt, and protein powder! These protein pancakes are easy to make and so yummy - perfect for a quick breakfast! (34g per serving) Healthy Protein Waffles are the best homemade breakfast everyone will love! Learn how to make protein waffles for meal prep or easy breakfast. These protein waffles have no added protein powder- they don't need it! (20g per 2 waffles) This Healthy Banana Pancake Recipe is one of our favorite breakfasts! They're soft, fluffy and delicious! (15g of protein per 3 pancakes) Chicken Breakfast Sausage is delicious, healthy and easy to make. Low carb, paleo! and delicious! These healthy sausage patties freeze perfectly and are so easy to make! (23g per serving) Cottage Cheese Breakfast Bowls are delicious served with different types of fruit and a crunchy granola for a filling and healthy recipe. (26g per serving) Chia Breakfast Bowl is creamy, decadent and packed with protein, fiber, iron and calcium! It's super simple to make with so many easy customizations. (22g per serving) High Protein Lemon Cheesecake Overnight Oats are the perfect balanced breakfast to prep for a busy week! A fiber- filled lemon-y oat base topped with a creamy Greek yogurt topping this is a breakfast you'll love! (30g per serving) Protein Steel Cut Oats are warm, comforting, and incredibly delicious. Packed with 30g of protein, it will keep you full for hours! (30g per serving) Blueberry Cheesecake Overnight Oats are packed with protein to start your day and easy to prep ahead of time for busy mornings. (24g per serving) Potato Crust Quiche is the most delicious breakfast! A crispy potato crust packed with veggies and protein- easy to make and great for brunch! (10g per 1/6 slice) Ham and Cheese Frittata Recipe everyone will love. This keto frittata is easy to make, cheesy and delicious! Perfect for breakfast. (15g per serving) Bacon Breakfast Casserole! This cheesy bacon breakfast casserole is great for brunch or meal prep! Delicious and healthy! (21g per serving) Sausage Egg Muffins Recipe you'll love. Perfect for busy mornings, these muffins are high protein, delicious and quick to make! (12g per 1 muffin) Bacon Breakfast Casserole is a hearty, filling start to the day! A star rating of 4.2 out of 5.14 ratingsTreat yourself to a shakshuka with a difference. Mix up your favourite meats, eggs and a casserole cooks overnight for a healthy breakfast! (22g per serving) Egg Hashbrown Casserole recipe that is so simple to make. This breakfast casserole with hash browns is great for a crowd or brunch! (28g per serving) Breakfast Burritos made with bacon and Southwest flavors. This is a delicious, fluffy breakfast you can meal prep and enjoy on the go. (23g per serving) Sheet Pan Breakfast is the perfect healthy recipe to start your day! Sheet pan eggs, veggies & potatoes all get baked together on one pan for an easy meal. Paleo, Whole30, Dairy Free, Gluten Free and perfect for meal prepping! This one pan breakfast bake is yummy and easy! (17g per serving) Paleo Frittata is a perfect healthy breakfast. Easily customizable & made in the instant pot or oven- it's great for meal prepping & delicious! (14g per serving) If you're trying to eat more protein, check out our High Protein Dinners Ebook! It has 24 easy recipes you can make in under an hour with 25g+ protein per serving! High Protein Tex-Mex Breakfast combines egg whites with carrots, peppers, mushrooms, and spinach to make tostadas with 23 grams of protein each. The egg white scramble is also great on other carb sources like tortillas, toasted sourdough, and hash browns. (23g per serving) Air Fryer Eggs, my new favorite way to "boil" eggs for meal prep! It's as easy as can be to make either hard boiled, soft boiled, and jammy eggs in the air fryer. (6g per 1 egg) Breakfast Burrito Bowls are easy to meal prep and completely customizable. Make them into breakfast bowls with eggs or into taco salads with lettuce. (32g per serving) Make Ahead Breakfast Burrito Casserole has everything you would want in a burrito. It makes 12 large servings and any leftovers can be frozen for up to one month. (20g per serving) Hearty Western Omelet recipe is packed with ham, bell peppers, onion, and cheddar cheese for a satisfying and protein rich breakfast or brunch option. It's easy to customize with your favorite ingredients. (37g per serving) Chorizo Breakfast Hash recipe featuring spicy chorizo sausage, eggs and potatoes. (20g per serving) Protein Pancakes are a quick and easy breakfast. (16g in 2 muffins) Protein Pancakes are made with only 7 simple ingredients. These pancakes are made with protein powder, Greek yogurt, and protein powder! These protein pancakes are easy to make and so yummy - perfect for a quick breakfast! (34g per serving) Healthy Protein Waffles are the best homemade breakfast everyone will love! Learn how to make protein waffles for meal prep or easy breakfast. These protein waffles have no added protein powder- they don't need it! (20g per 2 waffles) This Healthy Banana Pancake Recipe is one of our favorite breakfasts! They're soft, fluffy and delicious! 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