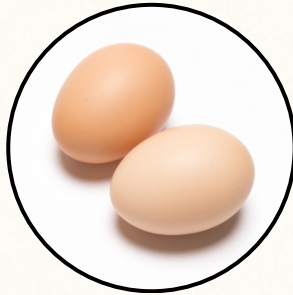


Protein-Rich Foods



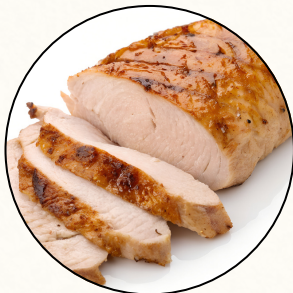
Chicken Breast
4 oz = 30g



Eggs
1 large = 6g



Greek Yogurt
5 oz = 15g



Turkey
3 oz = 25g



Lentils
½ c. cooked = 9g



Salmon
3 oz = 22g



Cottage Cheese
½ c. = 14g



Shrimp
3 oz = 20g



Black Beans
½ c. cooked = 7g



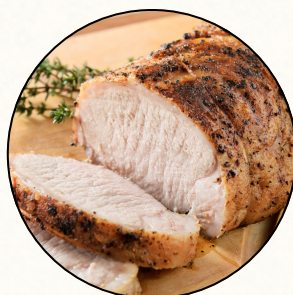
Quinoa
1 c. cooked = 8g



Edamame
½ c. cooked = 8g



Almonds
1 oz = 6g



Pork
3 oz = 8g



Peanut Butter
1 Tbsp = 7g



Beef
4 oz = 23g