

HOW Would You Rather Eat PROTEIN?



Eggs

Serving Size: 1 egg
Calories: 72, Protein: 6.28 g



Peanut Butter

Serving Size: 2 Tbsp
Calories: 191, Protein: 7 g

Pork



Serving Size: 3 oz tenderloin, roasted
Calories: 125, Protein: 22 g

Pecans



Serving Size: 1 oz
Calories: 196, Protein: 2.6 g



Beef

Serving Size: 3 oz sirloin, cooked
Calories: 156, Protein: 26 g



Chicken

Serving Size: 3 oz breast skinless, grilled
Calories: 128, Protein: 25.96 g

Soybeans



Serving Size: 1 cup edamame
Calories: 188, Protein: 18.46 g

Cheddar Cheese



Serving Size: 1 oz
Calories: 115, Protein: 6.48 g

