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

- **Beech**
  - Serving Size: 3 oz sirloin, cooked
  - Calories: 156, Protein: 26 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

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

Nutrition information is from the USDA Nutrient Database.

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