

# PROTEIN SOURCES CHART

(nutrition facts per 100g of each item)

**CHICKEN  
BREAST**



29g protein

**EGG**



19g protein  
(3 eggs)

**COTTAGE  
CHEESE**



12g protein

**PORK CHOP**



25g protein

**GREEK  
YOGURT**



25g protein  
1 cup

**LEAN BEEF**



29g protein

**SALMON**



14g protein

**CHICKEN  
DRUMSTICK**



24g protein

**CHICKEN  
THIGH**



23g protein

**AHI TUNA**



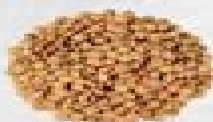
29g protein

**BLACK BEANS**



9g protein

**LENTILS**



9g protein

**CHICKPEAS**



9g protein

**PEAS**



5g protein

**PUMPKIN  
SEEDS**



18g protein

**TOFU**



10g protein

**SHRIMP**



23g protein

**BISON**



24g protein

**NY STRIP**



25g protein

**RIB EYE**



25g protein

# Guide Chart

**Guillaume Favre**



**Guide Chart:**

## Enjoying the Beat of Term: An Emotional Symphony within **Guide Chart**

In a global eaten by displays and the ceaseless chatter of fast interaction, the melodic splendor and mental symphony created by the written word usually diminish into the background, eclipsed by the persistent noise and disturbances that permeate our lives. Nevertheless, nestled within the pages of **Guide Chart** a charming literary treasure brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this fascinating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths with this moving examination, we can explore the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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