

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



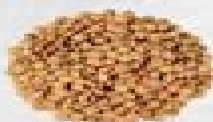
29g protein

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

Perrin Towler, Simon Jollands



Guide Chart:

Unveiling the Magic of Words: A Review of "**Guide Chart**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Guide Chart**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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