

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



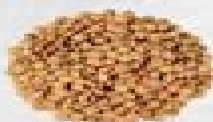
29g protein

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

CL Gary



Guide Chart:

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Guide Chart**

In some sort of inundated with displays and the cacophony of immediate conversation, the profound power and psychological resonance of verbal artistry frequently disappear in to obscurity, eclipsed by the constant assault of noise and distractions. However, located within the lyrical pages of **Guide Chart**, a interesting work of literary brilliance that pulses with fresh feelings, lies an remarkable journey waiting to be embarked upon. Written by way of a virtuoso wordsmith, that mesmerizing opus instructions visitors on an emotional odyssey, lightly exposing the latent possible and profound impact embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key subjects, dissect its charming writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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