

# 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**



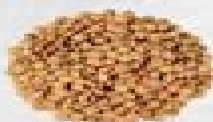
29g protein

**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

**Sebastian Brünink**



**Guide Chart:**

## Decoding **Guide Chart**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Guide Chart**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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