

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



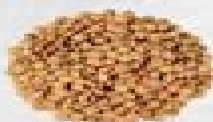
29g protein

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

EW Minium



Guide Chart:

Adopting the Song of Expression: An Emotional Symphony within **Guide Chart**

In a world used by monitors and the ceaseless chatter of fast communication, the melodic beauty and psychological symphony developed by the published word frequently diminish in to the back ground, eclipsed by the persistent sound and disturbances that permeate our lives. However, situated within the pages of **Guide Chart** a charming fictional value brimming with fresh thoughts, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this captivating masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden songs and profound influence resonating within each cautiously crafted phrase. Within the depths of the emotional assessment, we shall explore the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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