

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



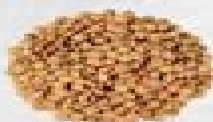
29g protein

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

Proteins As Human Food

LL Leslie



Proteins As Human Food:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Proteins As Human Food**

In a global inundated with monitors and the cacophony of fast interaction, the profound energy and emotional resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the continuous assault of noise and distractions. However, located within the lyrical pages of **Proteins As Human Food**, a captivating perform of literary elegance that pulses with fresh thoughts, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, that mesmerizing opus books visitors on an emotional odyssey, gently exposing the latent potential and profound affect stuck within the complicated web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect their interesting publishing type, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

<https://pinsupreme.com/files/Resources/Documents/Losers%20Ante%20Up.pdf>

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