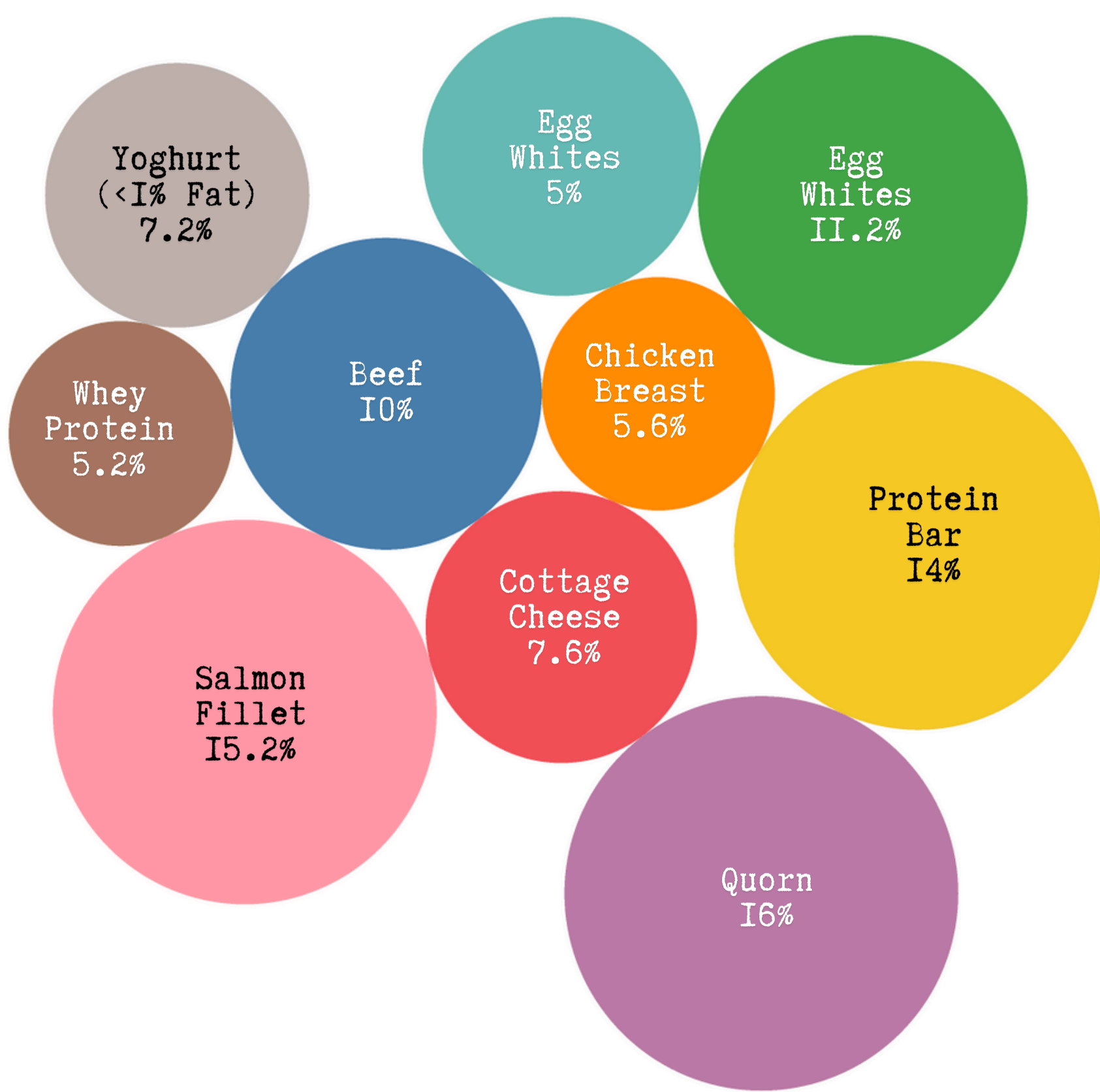


Your 30g Protein Receipt: Cost-Effective Choices at Checkout



Quorn - \$4.00	
Salmon Fillet - \$3.80	
Protein Bar - \$3.50	
Firm Tofu - \$2.80	
Beef (5% fat) - \$2.50	
Egg Whites - \$2.00	
Cottage Cheese - \$1.90	
Yoghurt (<1% Fat) - \$1.80	
Chicken Breast - \$1.40	
Whey Protein - \$1.30	

Total - \$25.00

