

Proteins

Chicken breast

Serving size: 4 oz.

Calories: 160

% Daily Value

Total Fat: 3 g 5%

Saturated fat: 0 g

Polyunsaturated fat: 0 g

Monounsaturated fat: 0 g

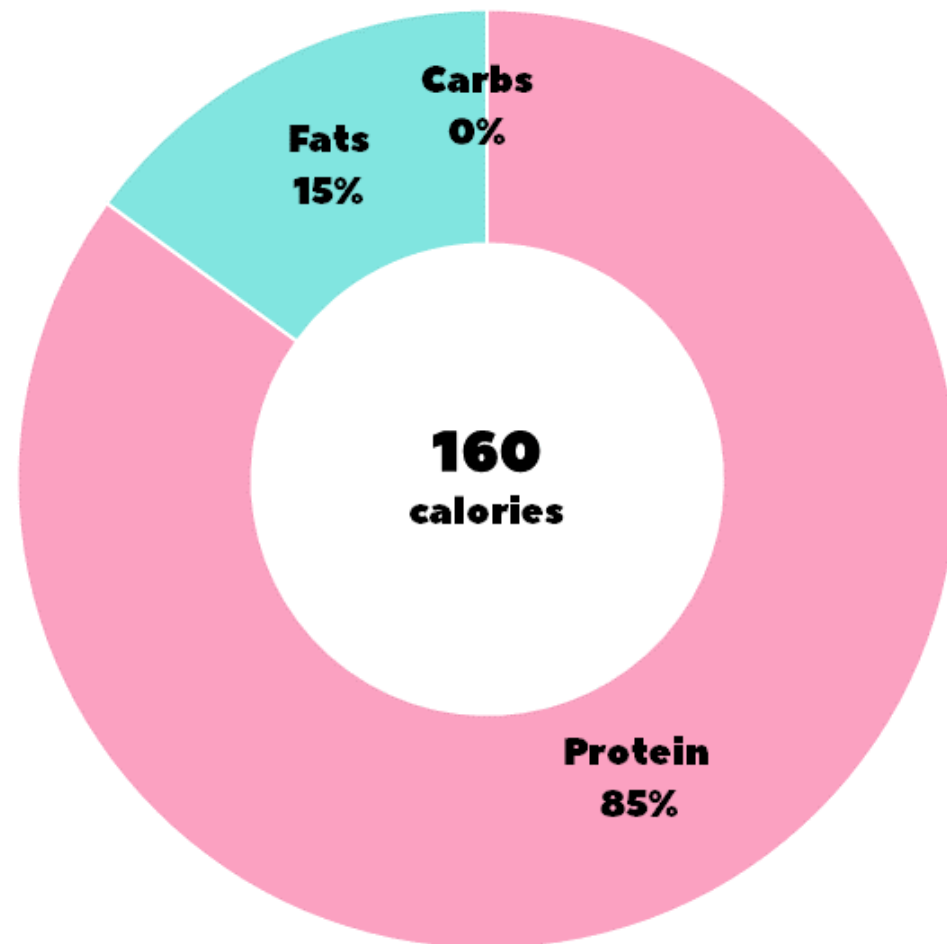
Total Carbohydrates: 0 g 0%

Dietary fiber: 0 g

Sugars: 0 g

Protein: 35 g 23%

Chicken breast 4 oz. (113 g)



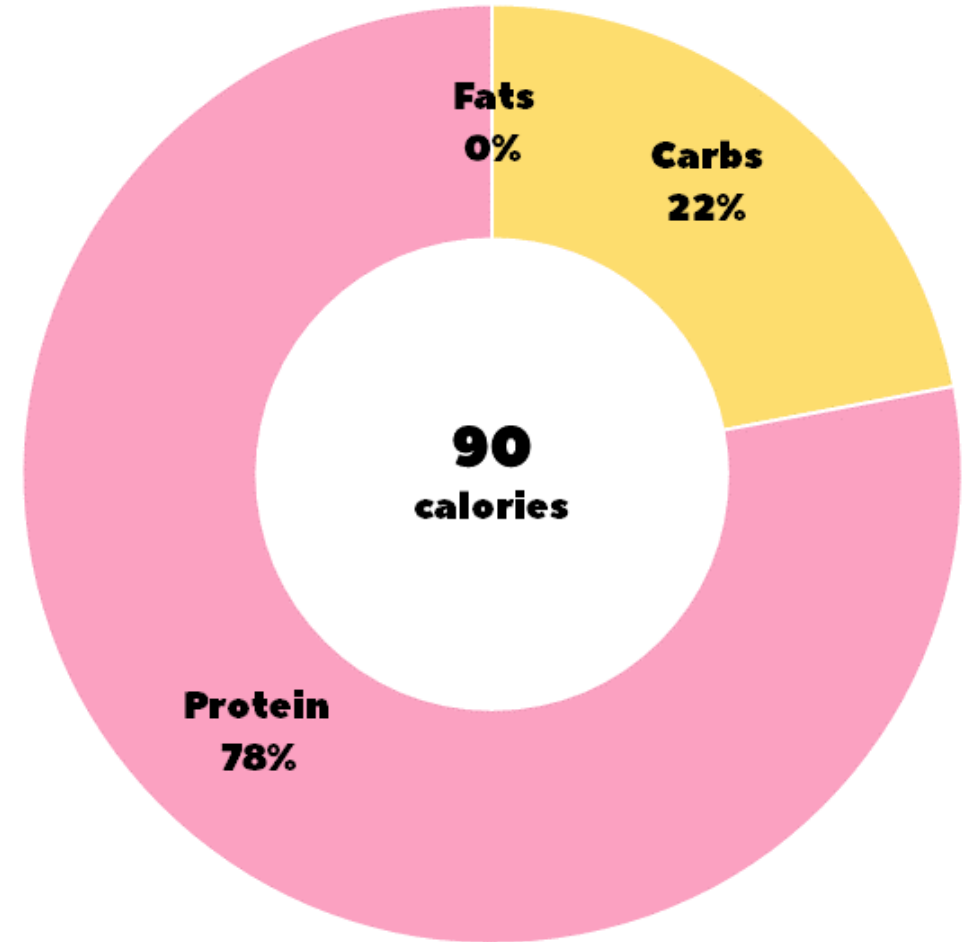
Nonfat Greek yogurt

Serving size: 1 cup

Calories: 90

	% Daily Value
Total Fat: 0 g	0%
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 5 g	5%
Dietary fiber: 0 g	
Sugars: 5 g	
Protein: 18 g	12%

Nonfat Greek yogurt 1 cup

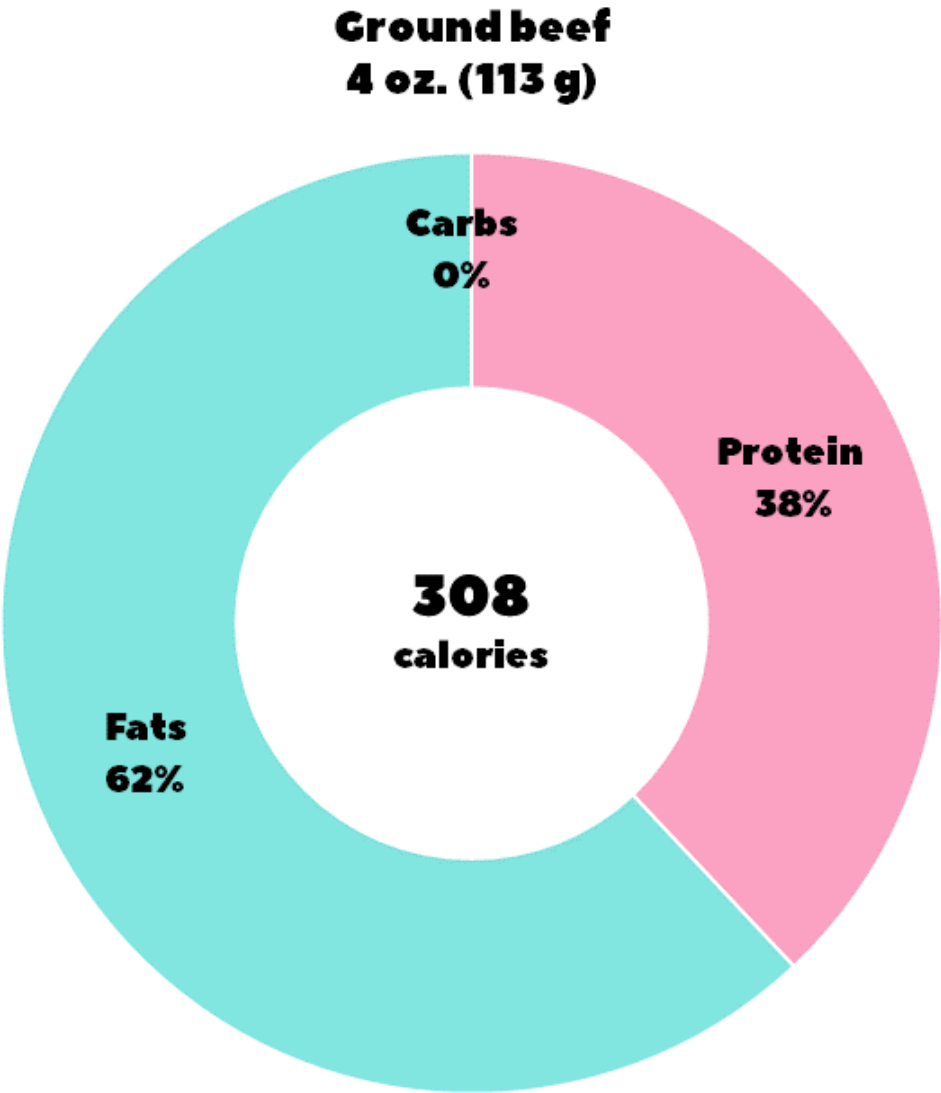


Ground beef

Serving size: 4 oz.

Calories: 308

	% Daily Value
Total Fat: 21 g	36%
Saturated fat: 8 g	
Polyuaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 0 g	0%
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 28 g	19%



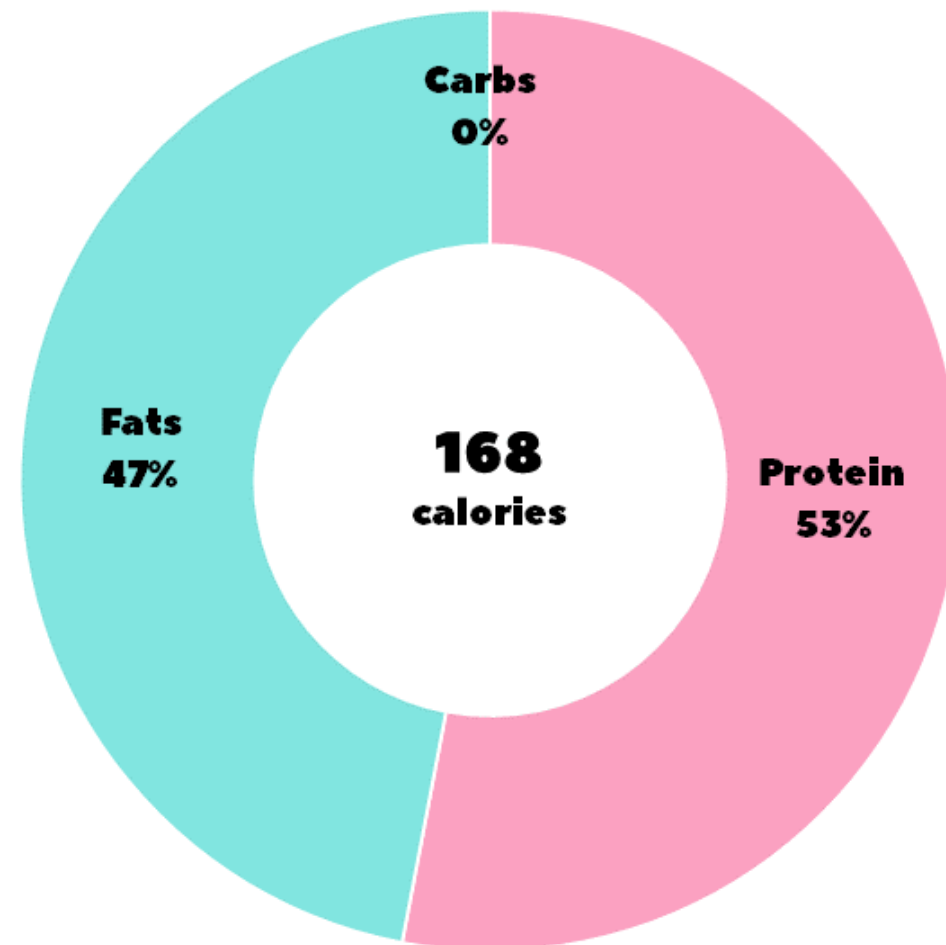
Ground turkey

Serving size: 4 oz.

Calories: 168

	% Daily Value
Total Fat: 9 g	15%
Saturated fat: 2 g	
Polyunsaturated fat: 2.5 g	
Monounsaturated fat: 3 g	
Total Carbohydrates: 0 g	0%
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 22 g	15%

Ground turkey 4 oz. (113 g)



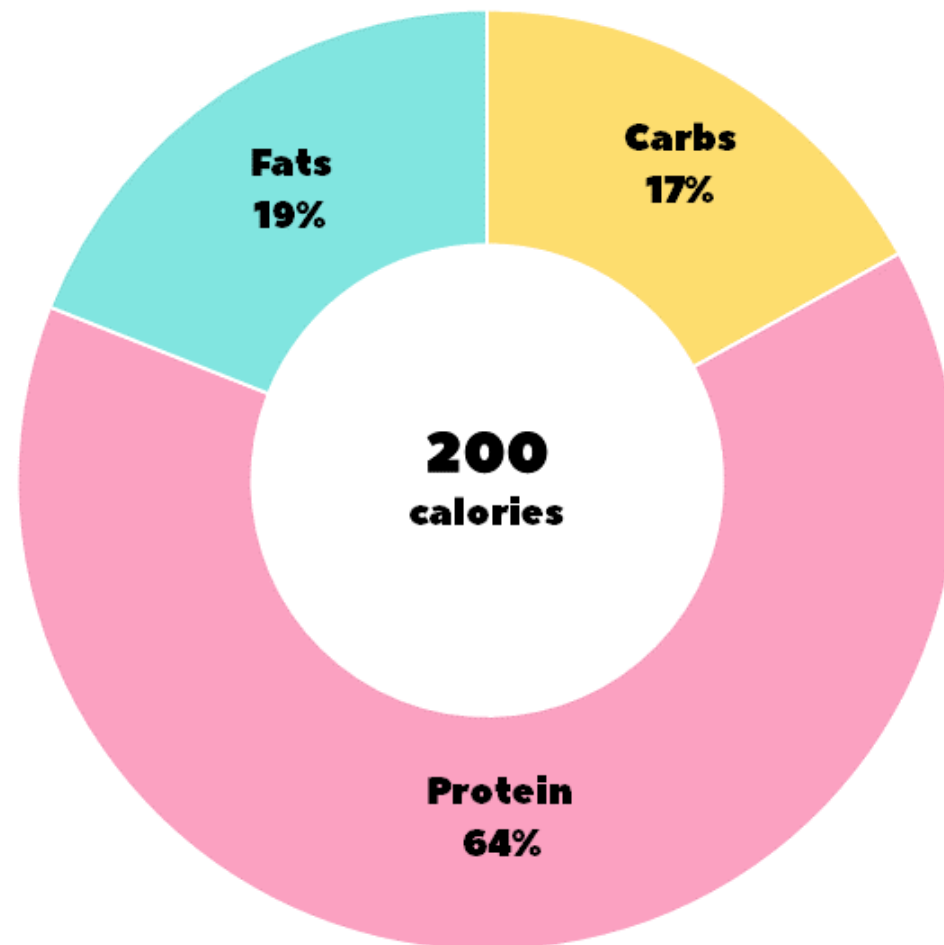
Protein shake

Serving size: 8 oz.

Calories: 200

	% Daily Value
Total Fat: 4 g	7%
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 8 g	9%
Dietary fiber: 0 g	
Sugars: 3 g	
Protein: 30 g	20%

Protein shake 8 oz. (29 ml)

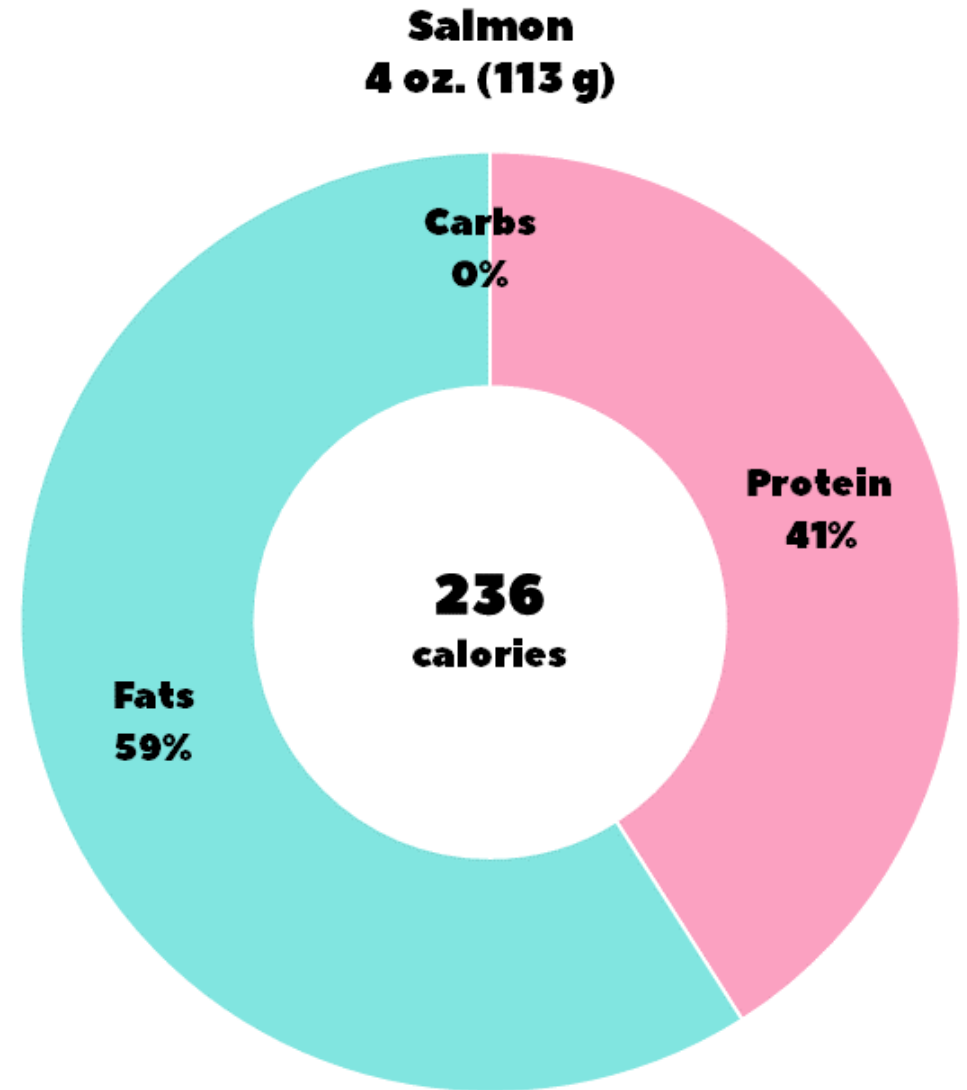


Salmon

Serving size: 4 oz.

Calories: 236

	% Daily Value
Total Fat 15 g	25%
Saturated fat: 3 g	
Polyunsaturated fat: 4 g	
Monounsaturated fat: 4 g	
Total Carbohydrates: 0 g	0%
Dietary fiber: 0 g	
Sugar: 0 g	
Protein: 23 g	15%

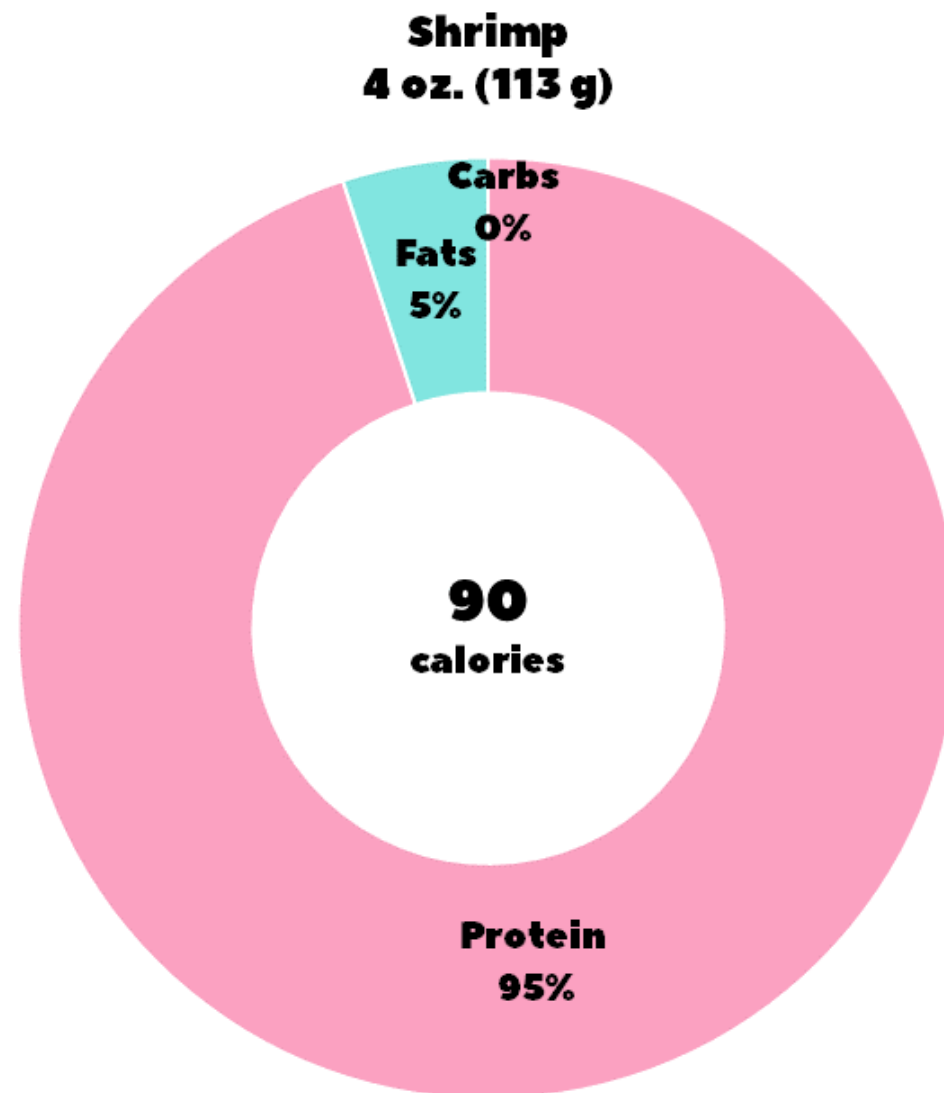


Shrimp

Serving size: 4 oz.

Calories: 90

	% Daily Value
Total Fat: 0.5 g	0%
Saturated fat: 0 g	
Polyunsaturated fat: 0 g	
Monounsaturated fat: 0 g	
Total Carbohydrates: 0 g	0%
Dietary fiber: 0 g	
Sugars: 0 g	
Protein: 22 g	15%



Tofu

Serving size: 4 oz.

Calories: 86

	% Daily Value
Total Fat: 5 g	9%
Saturated fat: 1 g	
Polyunsaturated fat: 3 g	
Monounsaturated fat: 1 g	
Total Carbohydrates: 2 g	2%
Dietary fiber: 0.5 g	
Sugars: 0 g	
Protein: 9 g	6%

