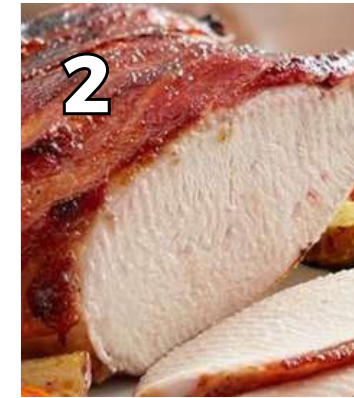
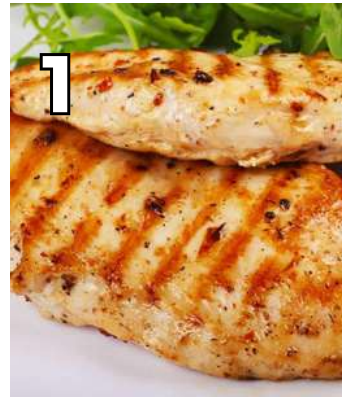


Proteins - Nutritional content table

FOOD	QUANTITY	PROTEIN
1. Chicken breast	100 grams	31 grams
2. Turkey breast	100 grams	29 grams
3. Canned tuna	100 grams	25 grams
4. Fish	100 grams	~20 grams
5. Eggs	1 large piece	6 grams
6. Red beans	1 cup	15 grams
7. Black beans	1 cup	15 grams
8. Lentils	1 cup	18 grams
9. Chickpeas	1 cup	15 grams
10. Beef	100 grams	26 grams



Proteins - Nutritional content table

FOOD	QUANTITY	PROTEIN
11. Pork meat	100 grams	25 grams
12. Cottage cheese	1 cup	28 grams
13. Mozzarella cheese	100 grams	22 grams
14. Almonds	28 grams	6 grams
15. Cashew nuts	28 grams	5 grams
16. Tofu	100 grams	8 grams
17. Peanut butter	2 spoons	8 grams
18. Greek yogurt	1 cup	~20 grams
19. Quinoa	1 cup	8 grams
20. Sardines	100 grams	25 grams

