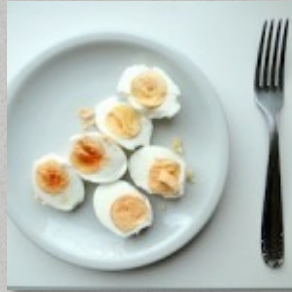


# DAIRY

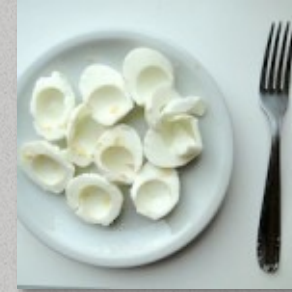
20g protein per serving



## Eggs (3 eggs)

**159g**

225 kcal  
20g Protein  
1.1g Carbs  
15.7g Fat



## Egg Whites (5x white)

**182g**

94 kcal  
20g Protein  
1.3g Carbs  
0.3g Fat  
1.3g Sugar



## Fat-Free Yogurt

**400g**

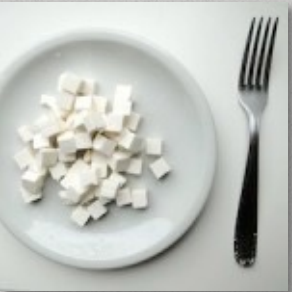
144 kcal  
20g Protein  
16g Carbs  
0g Fat



## 0% Greek Yogurt

**194g**

111 kcal  
20g Protein  
7.8g Carbs  
0.0g Fat  
7.8g Sugar



## Feta Cheese 10% fat

**121g**

194 kcal  
20g Protein  
0.1g Carbs  
12.5g Fat  
0.0g Sugar



## Cottage Cheese

**179g**

159 kcal  
20g Protein  
4.1g Carbs  
7g Fat  
4.1g Sugar



# SEAFOOD

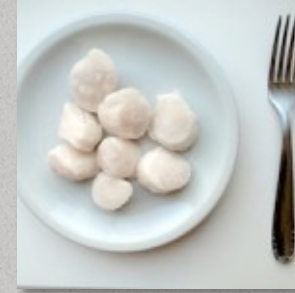
20g protein per serving



## Shrimp

**75g**

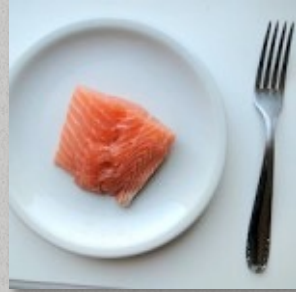
99 kcal  
20g Protein  
0.9g Carbs  
1.7g Fat  
0.0g Sugar



## Scallops

**118g**

91 kcal  
20g Protein  
0.7g Carbs  
0.8g Fat  
0.4g Sugar



## Salmon

**105g**

245 kcal  
20g Protein  
1.1g Carbs  
17.9g Fat  
1.1g Sugar



## Tuna (in water)

**80g**

84 kcal  
20g Protein  
0.0g Carbs  
0.4g Fat  
0.0g Sugar



## Cod

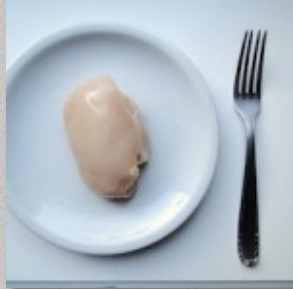
**143g**

101 kcal  
20g Protein  
0.4g Carbs  
2.1g Fat  
0.0g Sugar



# MEAT

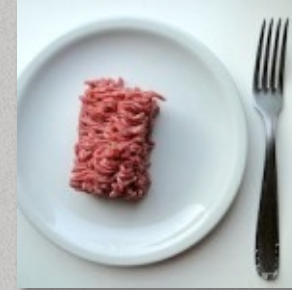
20g protein per serving



## Chicken Breast

**87g**

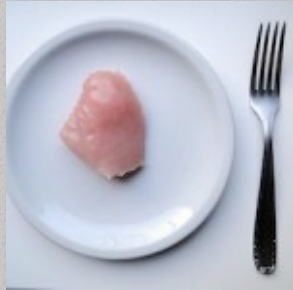
91kcal  
20g Protein  
0.0g Carbs  
1.3g Fat  
0.0g Sugar



## Ground Beef

**105g**

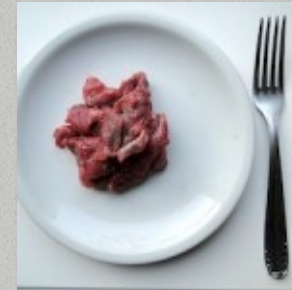
96 kcal  
20g Protein  
0.5g Carbs  
2.6g Fat  
0.4g Sugar



## Turkey

**80 g**

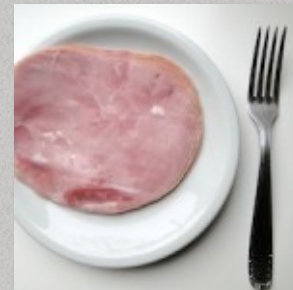
88 kcal  
20g Protein  
0.0g Carbs  
0.8g Fat  
0.0g Sugar



## Lean Beef

**105g**

131 kcal  
20g Protein  
0.8g Carbs  
5.3g Fat  
0.0g Sugar



## Ham

**125g**

125 kcal  
20g Protein  
2.5g Carbs  
3.8g Fat  
2.5g Sugar



## Protein Powder

**21g**

83 kcal  
20g Protein  
0.2g Carbs  
0.2g Fat  
0.2g Sugar



# PLANT- BASED

20g protein per serving



## Edamame beans

**185g**

204 kcal  
20g Protein  
4.4g Carbs  
11.9g Fat  
1.9g Sugar



## Lentils

**235g**

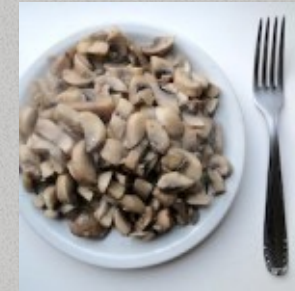
225 kcal  
20g Protein  
33.2g Carbs  
1.6g Fat  
0.0g Sugar



## Red Kidney Beans

**250g**

240 kcal  
20g Protein  
37.5g Carbs  
1.3g Fat  
1.3g Sugar



## Uncooked Mushrooms

**600g**

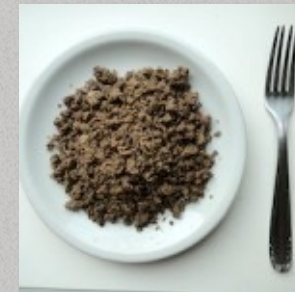
180 kcal  
20g Protein  
20g Carbs  
2g Fat  
10g Sugar



## Tofu

**167g**

192 kcal  
20g Protein  
1.7g Carbs  
11.7g Fat  
0.7g Sugar



## Quorn

**138g**

130 kcal  
20g Protein  
6.2g Carbs  
2.8g Fat  
0.8g Sugar

