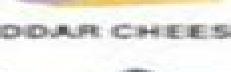


# PROTEIN RICH FOODS

\*Protein content per 100 grams

 SPIRULINA (dried)	 SHRIMP (cooked)	 EGGS (hard-boiled)	 EDAMAME (cooked)
 HEMP SEEDS	 HALIBUT (cooked)	 BEEF (cooked, 95% lean)	 PISTACHIOS
 ALMONDS	 COD (cooked)	 VENISON (cooked)	 CASHIERS
 PUMPKIN SEEDS	 TOFU (firm)	 GREEK YOGURT (dairy, non-fat)	 SUNFLOWER SEEDS
 CHIA SEEDS	 LENTILS (cooked)	 LAMB CHOPS	 WALNUTS
 SEITAN (wheat gluten)	 CHICKPEAS (cooked)	 SKIM MILK	 BRAZIL NUTS
 PEANUT BUTTER (smooth)	 BLACK BEANS (cooked)	 MACKEREL	 FLAXSEEDS
 TUNA (canned in water, drained)	 TEMPEH	 MOZZARELLA CHEESE (part-skim)	 MACADAMIA NUTS
 CHICKEN BREAST (cooked, skinless)	 QUINOA (cooked)	 PARMESAN CHEESE	 PECANS
 TURKEY BREAST (cooked, skinless)	 COTTAGE CHEESE (low-fat)	 CHEDDAR CHEESE (part-skim)	 HAZELNUTS
 PORK TENDERLOIN (cooked)	 SARDINES		 PEANUTS

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**Puja Mehta**

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