

PROTEIN RICH FOODS

*Protein content per 100 grams

 52 g SPIRULINA (dried)	 24 g SHRIMP (cooked)	 13 g EGGS (hard-boiled)	 12 g EDAMAME (cooked)
 31 g HEMP SEEDS	 23 g HALIBUT (cooked)	 28 g BISON (cooked)	 20 g PISTACHIOS
 21 g ALMONDS	 28 g LEAN BEEF (cooked, 95% lean)	 26 g VENISON (cooked)	 18 g CASHEWS
 30 g PUMPKIN SEEDS	 20 g COD (cooked)	 10 g GREEK YOGURT (plain, non-fat)	 20 g SUNFLOWER SEEDS
 17 g CHIA SEEDS	 8 g TOFU (firm)	 20.4 g LAMB CHOPS	 15 g WALNUTS
 75 g SEITAN (wheat gluten)	 9 g LENTILS (cooked)	 3 g SKIM MILK	 14 g BRAZIL NUTS
 25 g PEANUT BUTTER (smooth)	 9 g CHICKPEAS (cooked)	 24.6 g MACKEREL	 18 g FLAXSEEDS
 25 g TUNA (canned in water, drained)	 8 g BLACK BEANS (cooked)	 22 g MOZZARELLA CHEESE (part-skim)	 8 g MACADAMIA NUTS
 31 g CHICKEN BREAST (cooked, skinless)	 19 g TEMPEH	 28 g PARMESAN CHEESE	 9 g PECANS
 29 g TURKEY BREAST (cooked, skinless)	 4 g QUINOA (cooked)	 25 g CHEDDAR CHEESE (sharp)	 15 g HAZELNUTS
 25 g PORK TENDERLOIN (cooked)	 13 g COTTAGE CHEESE (low-fat)	 20.3 g SARDINES	 14 g PEANUTS

Protein Breakfast Sight Words List Near Me

S Ashworth



Protein Breakfast Sight Words List Near Me:

Unveiling the Magic of Words: A Review of "**Protein Breakfast Sight Words List Near Me**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Protein Breakfast Sight Words List Near Me**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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