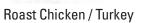
GOOD SOURCES OF PROTEIN

Recommend _____ ounces of protein per day. Spread out over three or more meals per day.

Poultry Meat







Grilled Chicken Sandwich



Chicken Rollup



Pork Tenderloin



Fresh Ham



Lamb Chop



Baked Chicken



Chicken Kabobs



Beef Steak



Hamburger Patty

Dairy & Eggs



Roast Beef

Fish & Seafood



Fresh Fish



Frozen Fish



SARDINE

Canned Fish



Cheese



Cottage Cheese



Milk



Greek Yogurt



Shrimp



Crab



Clams, Oysters & Scallops



Lobster



Eggs



Omelette