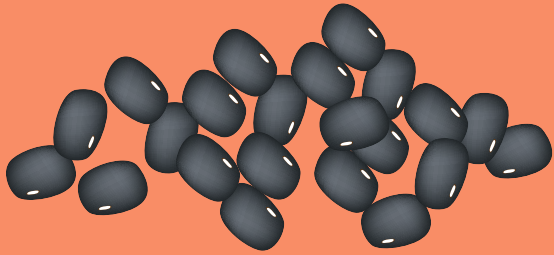
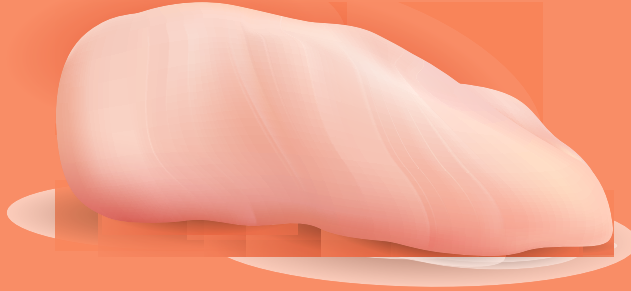


# WHAT DOES 20-30 GRAMS OF PROTEIN LOOK LIKE?



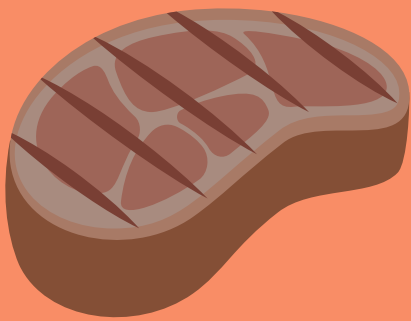
**1-2 CUPS COOKED  
BLACK BEANS**



**3-4 OZ CHICKEN  
BREAST**



**1.5-2 CUPS  
GREEK YOGURT**



**4-6 OZ STEAK**



**5 HARD BOILED EGGS**



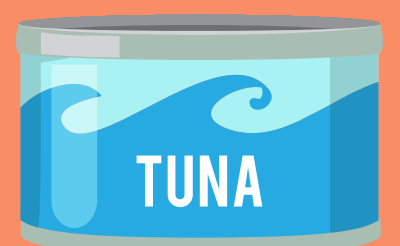
**2-3 OZ PARMESAN  
CHEESE**



**4-6 OZ TEMPEH**



**1-1.5 CUPS TOFU**



**1-2 CANS TUNA**

