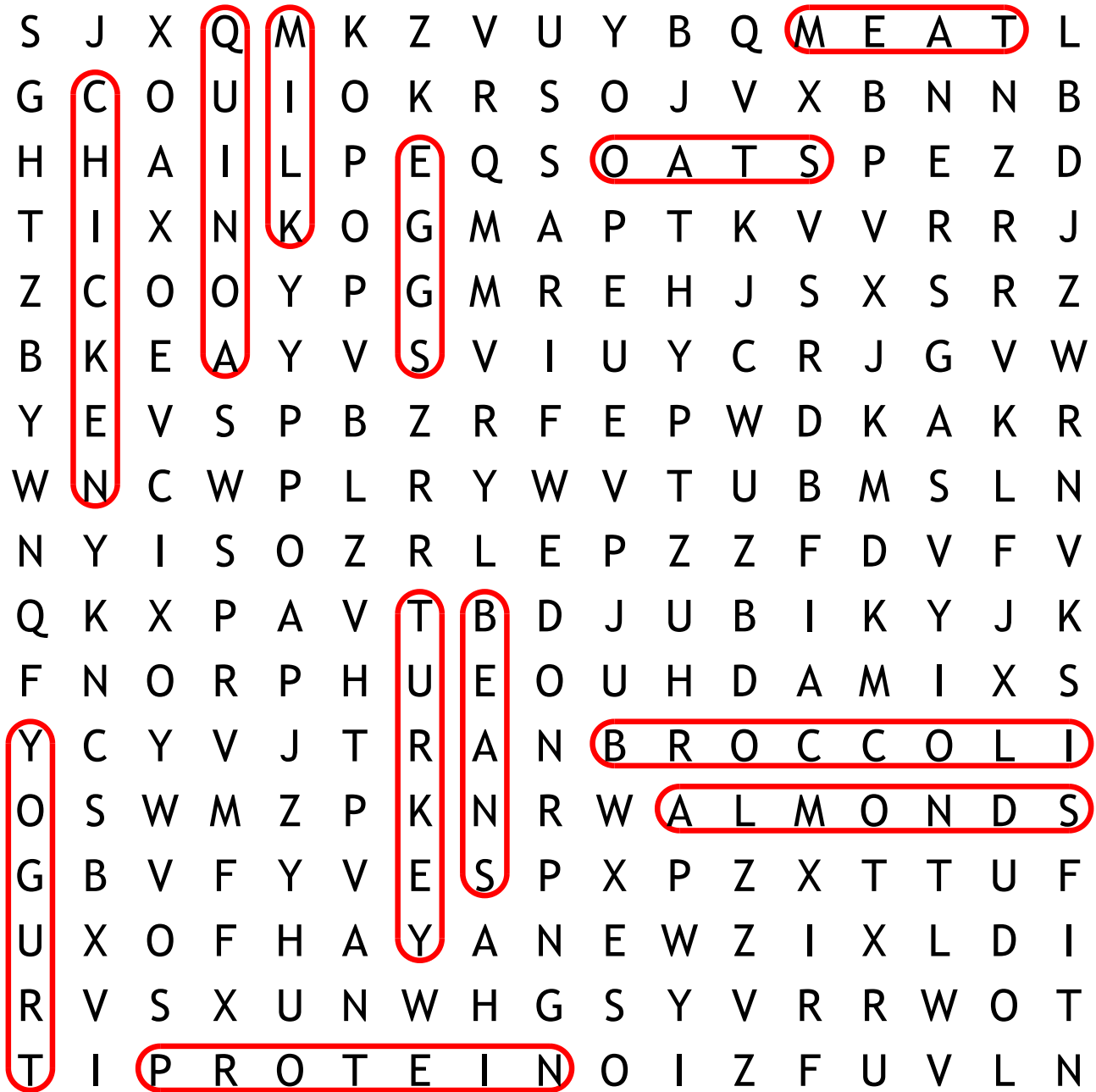


Name: _____

Date: _____

protein packed foods



broccoli

chicken

almonds

protein

turkey

quinoa

yogurt

beans

oats

eggs

milk

meat