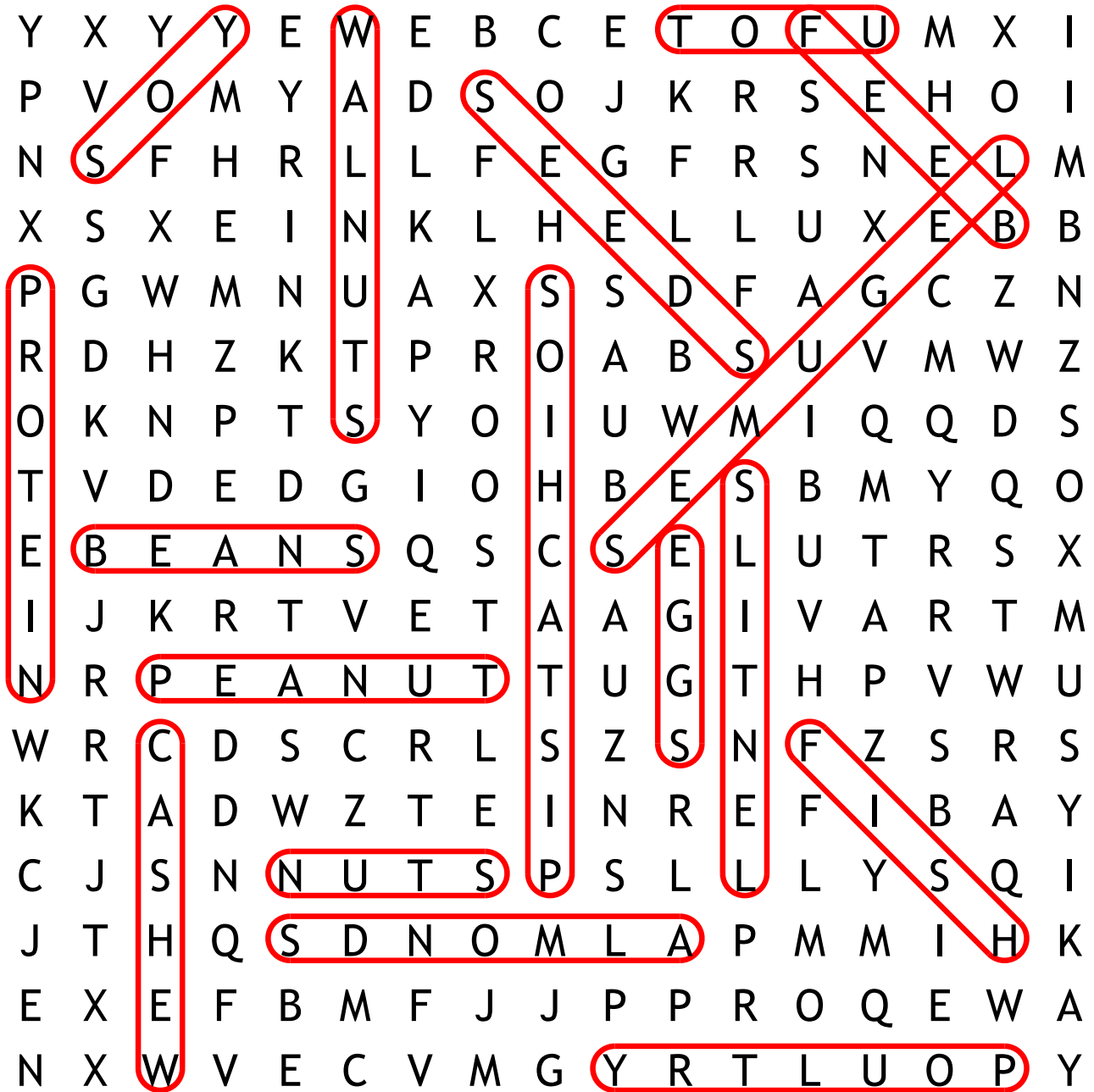


Name: _____ Date: _____ Period: _____

Protein



pistachios	lentils	walnuts	almonds	legumes
poultry	protein	peanut	cashew	seeds
beans	beef	eggs	tofu	nuts
fish	soy			