Meats and Beans

Black-Eyed Peas
Lima Beans
Pinto Beans
Chickpeas
Kidney Beans
Peanuts
Soy Beans

almonds
cashews
Split Peas

bacon
Chicken

beef
chicken

Black-Beans
Lentils
Pork

Black-Eyed Peas
Lentils

Falafel

Fish

Kidney Beans

Lobster

omelette

Shrimp

Lobster

omelette

Sushi

Soy Beans

Sunflower Seeds

Tuna

Kidney Beans

Split Peas

Sunflower seeds

Tofu