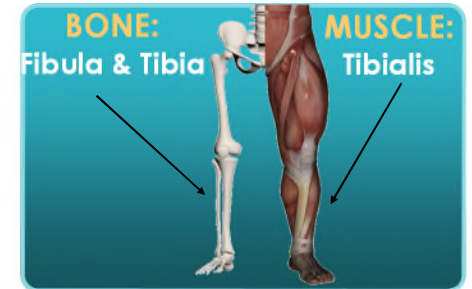




TOP 11 PROTEIN Foods

1  GRASS-FED BEEF 3 oz: 19 g 46% DV	2  WHEY PROTEIN ¼ cup: 19-20 g	3  LENTILS 1 cup: 18 g 36% DV	4  WILD FISH 3 oz: 17 g 40% DV
5  ORGANIC CHICKEN 1 chicken breast: 16 g 38% DV	6  BLACK BEANS 1 cup: 15 g	7  NATTO ½ cup: 15 g	8  RAW MILK 1 cup: 8 g 16% DV
9  KEFIR OR YOGURT 6 oz: 6-9 g 16% DV	10  FREE-RANGE EGGS 1 large: 7 g 14% DV	11  RAW CHEESE 1 oz goat cheese: 7 g 14% DV	Dr. Axe <small>FOOD IS MEDICINE</small>



ADVENTURE OF THE WEEK: **March Madness**

This week, we will celebrate March Madness playing basketball! We will practice shooting hoops, dribbling the ball, and practicing passes with star athletes!

