Protein, 80 grams cheat sheet



SILLOID STEAK 61 02



BLACK BEANS COOKED 2 CUPS



Grilled Salmon 5.4 oz



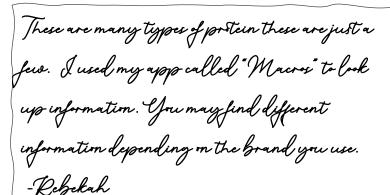
CHICKEN Breast 4.2 oz / Thighs 5.6 oz



Vanilla greek yogurt 1.5 cups



STAP KIST CAN TUNA 1.5 CANS



5 Large eggs 31.5 grams









