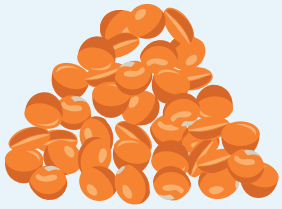


Sources of Protein

Plant-Based Sources



Lentils



Kidney Beans



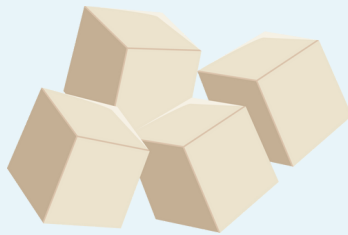
Black Beans



Chickpeas



Baked Beans



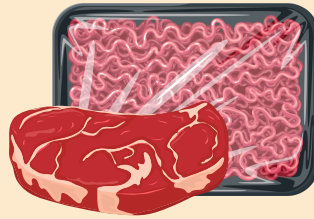
Tofu



Soy Milk



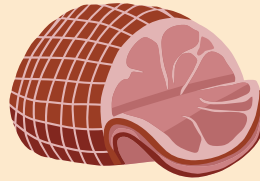
Peanut Butter &
other nut butters



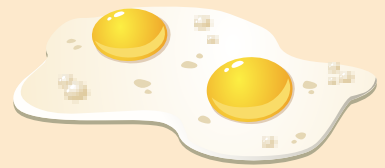
Beef



Poultry



Pork



Eggs



Milk



Fish



Cheese



Yogurt