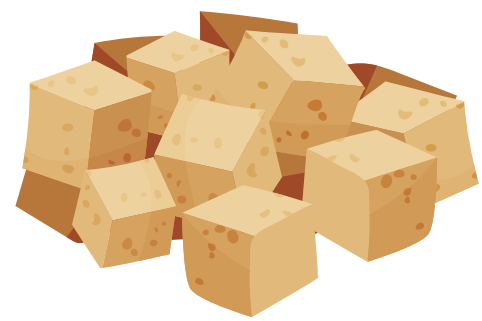
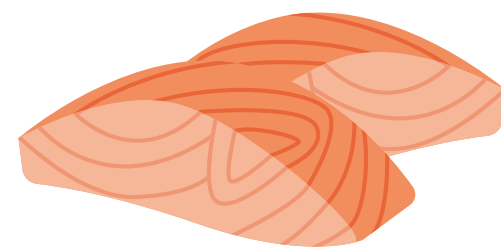


25 grams of protein



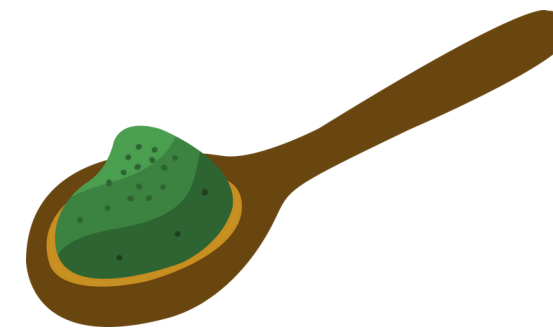
EXTRA FIRM TOFU
9 to 10 oz



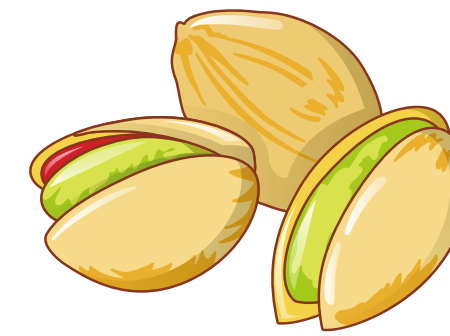
FISH
3.5 OZ



COW MILK
2.5 TO 3.5 CUPS



SPIRULINA
4 TBSP



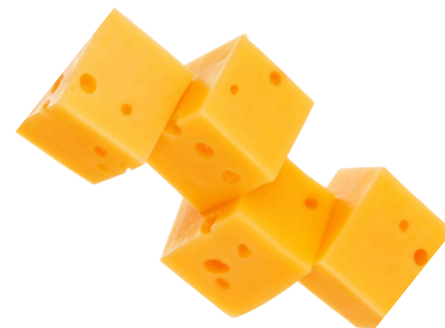
NUTS
1.25 CUPS



SEEDS
1.25 to 1.5 CUPS



GREEK YOGURT
1.25 CUPS



CHEESE
3 TO 4 OZ



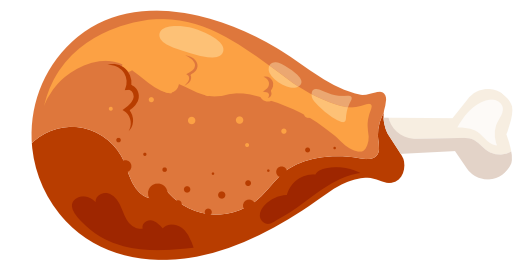
EDAMAME
1.25 CUPS



COTTAGE CHEESE
1 CUP



QUINOA
1.75 CUPS



POULTRY
3.5 OZ



EGGS
4



RED MEAT
3.5 OZ



MOST BEANS
1.5 CUPS



BUCKWHEAT & TEFF
2 CUPS



HEMP SEEDS
7.5 TBSP

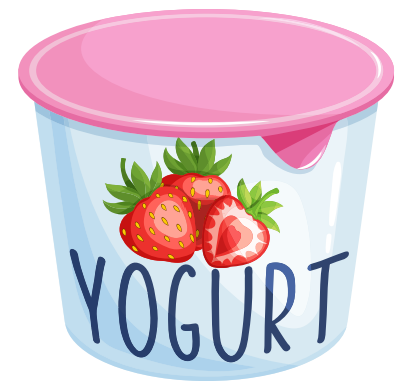


NUT BUTTER
6.5 TBSP

food and mirth

www.foodandmirth.com

food combos: 25 grams of protein

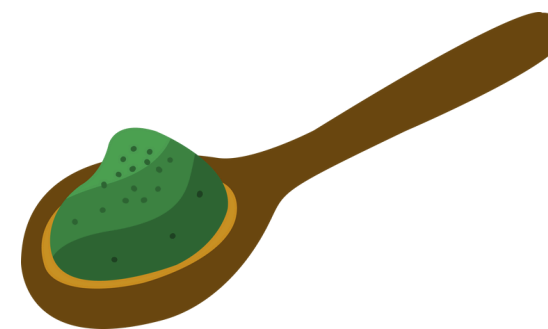


GREEK YOGURT
0.75 CUPS

+



NUTS
0.5 CUPS



SPIRULINA
2 TBSP

+



COW MILK
1.5 CUPS



EGGS
3

+



CHEESE
1 OZ



COTTAGE CHEESE
0.5 CUP

+



SEEDS
0.75



MOST BEANS
1 CUP

+



QUINOA
1 CUP



HEMP SEEDS
3 TBSP

+



BEANS (AS DIP)
0.75 CUPS

food and mirth

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