

Protein Comparison Chart

	Serving Size	Calories	Protein g	Fat g	Saturated Fat g	Sodium mg	Fiber g	cost per pound
Salmon	100 grams	370	75	2	0.3	29	0.5	0.81
Chicken, breast	1 each, 4 ounces	198	37	4	1	89	0	0.41
Turkey	4 ounces	214	32	8.4	2.4	117	0	0.51
Tuna	3 ounces	111	25	0.5	0.2	46	0	0.20
Beef, lean	3 ounces	196	24	10	4	74	0	0.68
Pork	3 ounces	202	22	12	4	48	0	0.43
Salmon	100 grams	210	20	13	3	53	0	0.8
Lentils	1 cup	230	18	0.8	0.1	4	16	0.20
Split peas cooked	1 cup	231	16	0.8	0.1	3	16	0.14
Kidney beans	1 cup	225	15	0.9	0.1	1.8	11	0.06
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.06
Farro cooked	1 cup	337	15	2	0.2	5	11	0.31
Eggs	2 large	144	12	9.5	3.2	142	0	0.20
Tempeh	2 ounces	110	11	6	2	8	0	0.44
Tofu	3 ounces	76	9	4.8	0.6	3	0.9	0.11
Peanut butter	2 tablespoons	188	7	16	3	152	1.8	0.12
Jackfruit	1 can	70	4	0	0	900	7	0.25
Walnuts	1 ounce	182	4	18	1.7	0	2	0.37

Notes: store brands were used for cost, cost on beans is canned while lentils and split peas are dried.

Sources: manufacturer's data, USDA Handbook 8.

Protein Breakfast Compare Warranty

Terry C. Jones

Protein Breakfast Compare Warranty:

The 21-Day Healthy Smoothie Plan Sonoma Press,Jennifer Koslo, RD,2015-04-01 Transform Your Health with One Simple Delicious Daily Smoothie We all have good intentions when it comes to smart eating but making better habits stick can be a challenge Incorporating one nutrient packed smoothie into your daily routine offers incredible benefits and The 21 Day Healthy Smoothie Plan will give you everything you need to make smoothies a delicious part of your healthy lifestyle The 21 Day Healthy Smoothie Plan offers An easy to follow 21 day plan to get you hooked on smoothies A 3 day detox cleanse for when you need an extra smoothie boost Troubleshooting guides for common smoothie snafus Daily inspirational quotes and intentions to motivate you 30 delicious salad recipes to complement your daily smoothie Stick to the smoothie plan and turn your best intentions for healthy eating into reality

Vegetarian Times ,1989-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both **Journal of the American Dietetic Association** ,1990 *Catalog of Copyright Entries* Library of Congress. Copyright Office,1962 *Product Safety & Liability Reporter* ,2002 *Law's Grocer's manual* James Thomas Law (of Liverpool.),1902 *British Food Journal and Analytical Review* ,1941 **The Lancet** ,1908 **Boys' Life** ,1973-04 Boys Life is the official youth magazine for the Boy Scouts of America Published since 1911 it contains a proven mix of news nature sports history fiction science comics and Scouting **Incentive Marketing** ,1978 **Restaurant Business** ,1995

The Country Gentleman ,1916 *Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations for 1996* United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,1995 **Journal of the Association of Official Analytical Chemists** Association of Official Analytical Chemists,1990 **School Food Service Journal** ,1990

New York State Journal of Medicine ,1935 **Runner's World** ,1997 **American Miller** ,1903 *Catalog of Copyright Entries*, Third Series Library of Congress. Copyright Office,1961 Includes index **Organic Gardening** ,1980

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