



BUILDING HIGH QUALITY HUMANS

# BE SMART ABOUT PROTEIN SOURCES

## ANIMAL PRODUCTS



**LEAN MEATS**  
~ 6 CAL/G



**EGGS**  
~ 12 CAL/G



**FATTY MEATS**  
~ 15 CAL/G



**DAIRY**  
~ 17 CAL/G

## PLANT BASED



**LEGUMES**  
~ 17 CAL/G



**GRAINS & SEEDS**  
~ 30 CAL/G



**SOY**  
~ 9 CAL/G



**NUTS**  
~ 50 CAL/G



**VEGGIES**  
~ 10 CAL/G

## SUPPLEMENT



**WHEY & VEGAN**  
~ 5 CAL/G



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