

by Stretch-n-Grow

# PROTEIN



## TOP 11 PROTEIN Foods

**1**   
**GRASS-FED BEEF**  
 3 oz: 19 g    46% DV

**2**   
**WHEY PROTEIN**  
 ¼ cup: 19-20 g

**3**   
**LENTILS**  
 1 cup: 18 g    36% DV

**4**   
**WILD FISH**  
 3 oz: 17 g    40% DV

**5**   
**ORGANIC CHICKEN**  
 1 chicken breast: 16 g    38% DV

**6**   
**BLACK BEANS**  
 1 cup: 15 g

**7**   
**NATTO**  
 ½ cup: 15 g

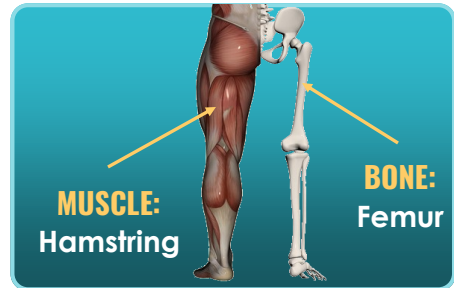
**8**   
**RAW MILK**  
 1 cup: 8 g    16% DV

**9**   
**KEFIR OR YOGURT**  
 6 oz: 6-9 g    16% DV

**10**   
**FREE-RANGE EGGS**  
 1 large: 7 g    14% DV

**11**   
**RAW CHEESE**  
 1 oz goat cheese: 7 g    14% DV

**Dr. Axe**  
 FOOD IS MEDICINE



Dr. Seuss Day March 2nd

Happy Birthday to Dr. Seuss!

