

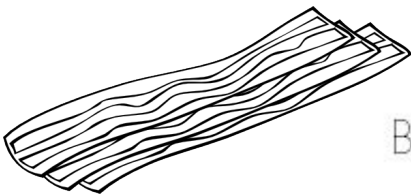
Name: _____

Protein

The protein group includes meats and protein rich foods.

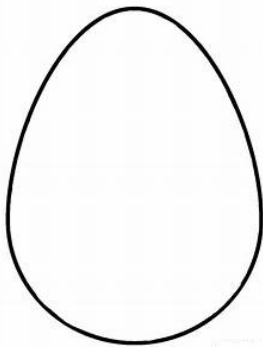
Meats like beef, chicken, and fish are protein foods.

Beans, eggs, lentils, nuts, and seeds are also full of protein.



Bacon

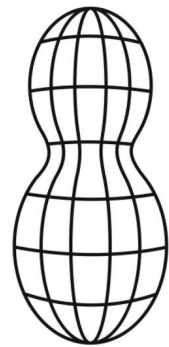
Walnut



Egg



Chicken Leg



Peanut



Ham

Beans

