PROTIEN

S/B Daily Intake			20gr	25gr	50gr	
FOOD	**Serving**	**Calories**	**Sat.Fat**	**Sugar**	**Protien**	**POINTS**
PROTEIN						
Chicken Marketside Boneless	4 oz	110	0	0	25	1
Chicken Sweet & Sour	4 .5 oz	276	0	0	11	7
Salmon Pink Skinless	4 oz	100	0	0	24	1
Shrimp Kroger Cooked	3 oz	80	0	0	18	1
Tuna Albacore White	1 Pouch	80	0.5	0	17	1
Tilapia	1 Fillet	112	0.8	0	23	1
Flounder Wild Caught	4 oz	120	0.5	0	17	2
Meatballs Turkey Weight	1					2
Salmon Burger	1	130	1	0	21	2
Turkey Breast Roasted	1 Slice	118	0.544	3.98	19.36	**2**
Quinoa	1/4 Cup	160	0	1	6	4
Turkey Burgers Jennie-O	1 Patty	180	2.5	0	21	4
Turkey Ground Jennie O	4 oz	167	2.2	0	22	4
Turkey Sausage Jennie O	1 Link	160	2.5	0	17	4
Egg Hard Boiled	1 Large	78	1.634	0.56	6.29	2
Egg Whites	1 Large	17	0	0.2	3.6	0
Egg Whites	3	51	0	3.56	9.6	1
Egg Whites Container	1 Cup	125	0	2	26	2
Eggs Whole	1 Large	78	1.6	0.6	6	2