



LIVE LONGER, STRONGER,  
AND ENJOY LIFE!

# 50 GRAMS OF PROTEIN

## CHEAT SHEET



**6 OZ. TOP ROUND STEAK**



**7 OZ. GROUND BEEF**



**6 OZ. GRILLED CHICKEN BREAST**



**8 OZ. GRILLED SHRIMP**



**9 OZ. GRILLED SALMON**



**6 OZ. TURKEY BREAST**



**8 1/2 EGGS**



**8 OZ. GREEK YOGURT + 1 SCOOP  
PROTEIN POWDER**



**1 STACKED PEANUT BUTTER PROTEIN SHAKE**