

name _____

PROTEIN MATH

FILL YOUR ACTIVE DAYS WITH DIFFERENT PROTEINS

Directions: use 5 foods per "day" max. STAY UNDER 14 POINTS!! NO 2 DAYS CAN MATCH
be sure to choose 2 rest days.

- Meats (4pts)
- Tofu (3)
- Yogurt (2)
- Beans/lentils (2)
- Seeds, etc (1)

monday

tuesday

wednesday

thursday

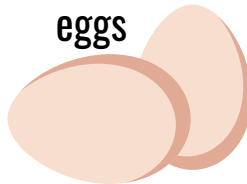
friday

y

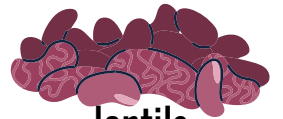
saturday

sunday

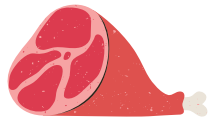
eggs



lentils



beef & pork



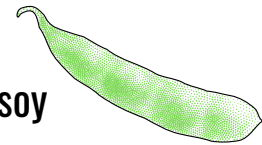
poultry



beans



soy



yogurt



tofu



seeds

