

Protein Comparison Chart

	Serving Size	Calories	Protein g	Fat g	Saturated Fat g	Sodium mg	Fiber g	cost per ounce
Saltan	100 grams	370	75	2	0.3	29	0.5	0.81
Chicken, breast	1 each, 4 ounces	198	37	4	1	89	0	0.41
Turkey	4 ounces	214	32	8.4	2.4	117	0	0.51
Tuna	3 ounces	111	25	0.5	0.2	46	0	0.20
Beef, lean	3 ounces	196	24	10	4	74	0	0.68
Pork	3 ounces	202	22	12	4	48	0	0.43
Salmon	100 grams	210	20	13	3	53	0	0.8
Lentils	1 cup	230	18	0.8	0.1	4	16	0.20
Split peas cooked	1 cup	231	16	0.8	0.1	3	16	0.14
Kidney beans	1 cup	225	15	0.9	0.1	1.8	11	0.08
Black Beans	1 cup	241	15	0.7	0.2	5	15	0.08
Farro cooked	1 cup	337	15	2	0.2	5	11	0.31
Eggs	2 large	144	12	9.5	3.2	142	0	0.20
Tempeh	2 ounces	110	11	6	2	8	0	0.44
Tofu	3 ounces	76	9	4.8	0.8	3	0.9	0.11
Peanut butter	2 tablespoons	188	7	16	3	152	1.8	0.12
Jackfruit	1 can	70	4	0	0	900	7	0.25
Walnuts	1 ounce	182	4	18	1.7	0	2	0.37

Notes: store brands were used for cost, cost on beans is canned while lentils and split peas are dried.

Sources: manufacturer's data, USDA Handbook 8.

Protein Breakfast Compare

Ying Liu



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Table of Contents Protein Breakfast Compare

1. Understanding the eBook Protein Breakfast Compare
 - The Rise of Digital Reading Protein Breakfast Compare
 - Advantages of eBooks Over Traditional Books
2. Identifying Protein Breakfast Compare
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Protein Breakfast Compare
 - User-Friendly Interface
4. Exploring eBook Recommendations from Protein Breakfast Compare
 - Personalized Recommendations
 - Protein Breakfast Compare User Reviews and Ratings
 - Protein Breakfast Compare and Bestseller Lists
5. Accessing Protein Breakfast Compare Free and Paid eBooks
 - Protein Breakfast Compare Public Domain eBooks
 - Protein Breakfast Compare eBook Subscription Services
 - Protein Breakfast Compare Budget-Friendly Options

6. Navigating Protein Breakfast Compare eBook Formats
 - ePub, PDF, MOBI, and More
 - Protein Breakfast Compare Compatibility with Devices
 - Protein Breakfast Compare Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Protein Breakfast Compare
 - Highlighting and Note-Taking Protein Breakfast Compare
 - Interactive Elements Protein Breakfast Compare
8. Staying Engaged with Protein Breakfast Compare
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Protein Breakfast Compare
9. Balancing eBooks and Physical Books Protein Breakfast Compare
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Protein Breakfast Compare
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Protein Breakfast Compare
 - Setting Reading Goals Protein Breakfast Compare
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Protein Breakfast Compare
 - Fact-Checking eBook Content of Protein Breakfast Compare
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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