

## 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

**Rachel Sandford**



**Protein Breakfast Compare:**

This book delves into Protein Breakfast Compare. Protein Breakfast Compare is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Protein Breakfast Compare, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to Protein Breakfast Compare
  - Chapter 2: Essential Elements of Protein Breakfast Compare
  - Chapter 3: Protein Breakfast Compare in Everyday Life
  - Chapter 4: Protein Breakfast Compare in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Protein Breakfast Compare. The first chapter will explore what Protein Breakfast Compare is, why Protein Breakfast Compare is vital, and how to effectively learn about Protein Breakfast Compare.
3. In chapter 2, this book will delve into the foundational concepts of Protein Breakfast Compare. This chapter will elucidate the essential principles that must be understood to grasp Protein Breakfast Compare in its entirety.
4. In chapter 3, the author will examine the practical applications of Protein Breakfast Compare in daily life. The third chapter will showcase real-world examples of how Protein Breakfast Compare can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Protein Breakfast Compare in specific contexts. The fourth chapter will explore how Protein Breakfast Compare is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Protein Breakfast Compare. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Protein Breakfast Compare.

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