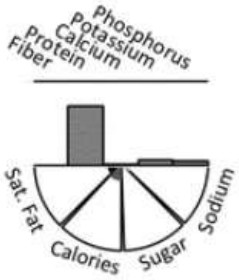
Each of the Following Has 7 Grams of Protein

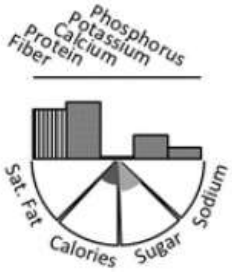
Scales are:

0-10+ grams for Saturated Fat, Sugar, Fiber, Protein

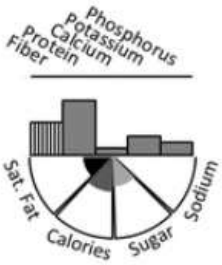
0-1,000+ mg for Calories, Sodium, Calcium, Potassium, Phosphorus



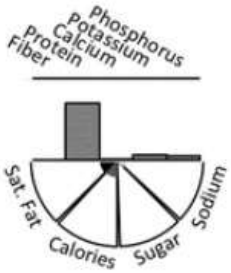
Chicken,roast,lt meat-26g



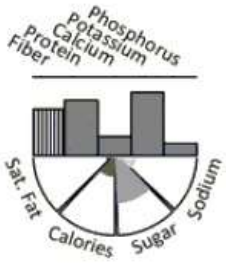
Lentils, boiled w/o salt-78g



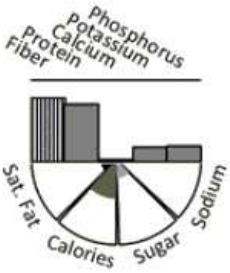
Almonds-33g



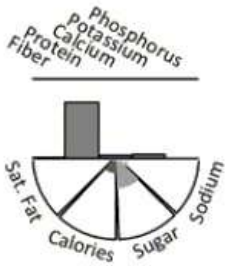
Beef,round,tip,lean,0" fat,roast-26g



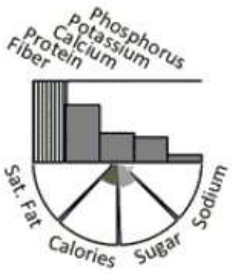
Kale,raw-164g



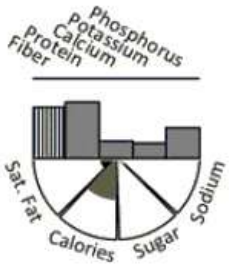
Popcorn,air-popped-54g



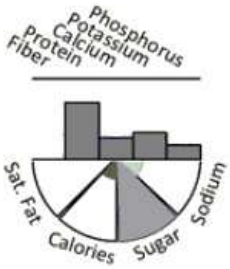
Lucerne-1%Cottg Chs NoSaltAdd-57g



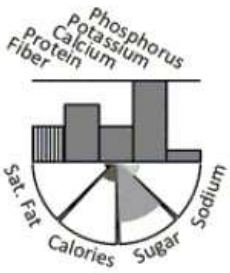
Collards,boiled,drnd,no salt-258g



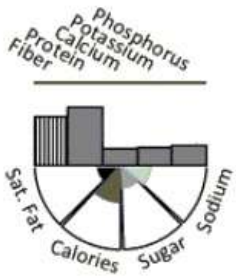
Tortillas,corn,no salt-123g



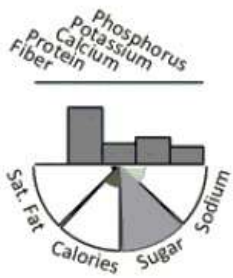
Dannon-Plain Nonfat Yogurt-149g



Arugula,raw-271g



Cereal,oats,inst,fort,plain,dry-59g



Milk,nonfat,w/vit A+D-208g