

Visual Cheat Sheet for Protein



Matchbook = 1 ounce meat = 7 grams of protein



Deck of cards = 3 oz. meat = 21 grams of protein



Checkbook = 3 oz. fish = 21 grams of protein



2 dominos = 1 ounce of cheese = 7 grams of protein



Golf ball = 2 Tbsp. peanut butter = 8 grams of protein



Ice-cream scoop = $\frac{1}{2}$ cup of cooked beans or lentils = 7 grams of protein



Tennis ball = 1 cup of soybeans in pod (edaname) = 11 grams of protein



Egg = $\frac{1}{4}$ cup egg substitute = 6 grams of protein