

Protein Pairing

PROTEIN

+

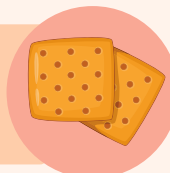
CARBOHYDRATE



LIGHT BABYBEL
CHEESE



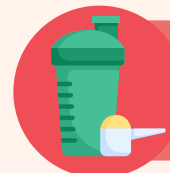
WHOLE GRAIN
CRACKERS



GREEK
YOGURT



BLUEBERRIES



PROTEIN
SHAKE



BANANA



PEANUT
BUTTER



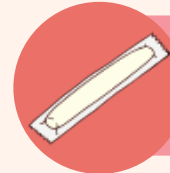
SMALL
APPLE



BEEF
STICK



CARROT
STICKS



CHEESE
STICK



UNSWEET
APPLESAUCE



COTTAGE
CHEESE



WALNUTS



TUNA
SALAD



CUCUMBER
SLICES

