

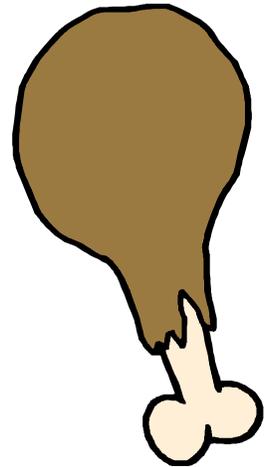
Protein

Go Lean with Protein

1 ounce cooked meat

DRAW onto your paper plate

**LABEL “Protein Group
5 ounces”**



2 Tablespoons peanut
butter

MEASURE

$\frac{1}{4}$ cup cooked dry beans

MEASURE

