The PROTEIN Group…
What does one serving look like?!!

2 tablespoons peanut butter
(size of a ping pong ball)



3 oz cooked chicken breast
(size of the palm of your hand or a deck of cards)





3 eggs or 6 egg whites, omelet



2 slices lunchmeat
(or look on your package to see what equals 3 oz serving)



2 slices of bacon/turkey bacon, 2 sausage links or 1 sausage patty



MIZZOU SPORTS NUTRITION
FASTER