

ARE YOU SUBSTITUTING PROTEIN?

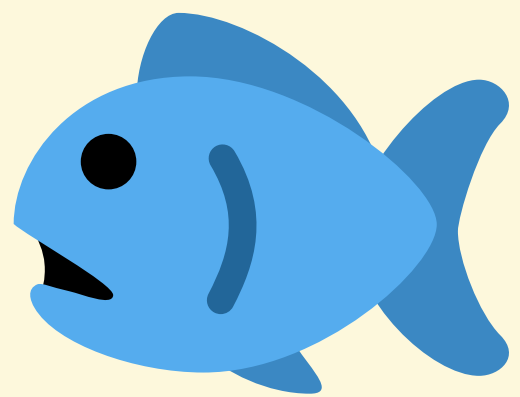
Protein Nutrition Facts

Nutrition information for protein choices vary based on serving size. Please note that macronutrients are listed as grams per serving size



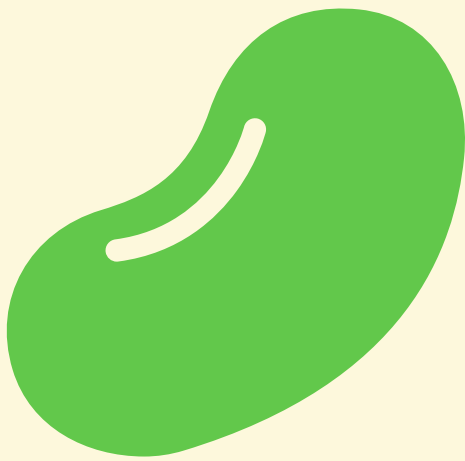
Cajun Shrimp

	Cal	Pro	Fat	Carb
1.5 oz	71	9	3	0
3.0 oz	142	19	6	1



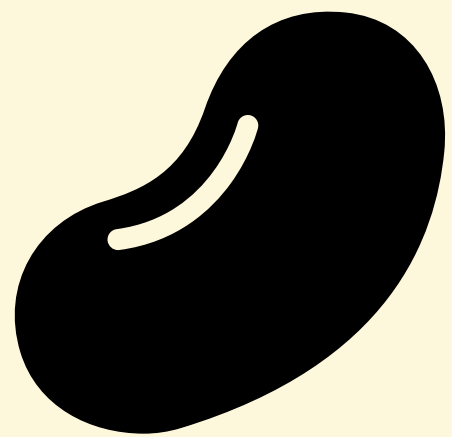
Baked Lemon Herb Cod

	Cal	Pro	Fat	Carb
1.5 oz	72	9	4	0
3.0 oz	144	18	7	0



Baked Tofu

	Cal	Pro	Fat	Carb
2 oz	88	6	7	2
4 oz	177	12	14	4



Black Beans & Hemp Seeds

	Cal	Pro	Fat	Carb
Small	82	5.2	2.6	10.4
Reg	386	24.1	6.2	61.4

**Subtract original protein base from your entree nutrition information and add new substitute protein

