

Florida Strong Fitness



Jake's High Protein Picks

Item	Serving Size	Calories	Protein (g)	Carbs(g)	Fats (g)	Taste
Turkey Bacon (Columbus)	2 Slices	90	12	0	4	8/10
Chicken Bites (Fresh Additions)	91g	140	24	3	3.5	6/10
Tuna (Chicken of the Sea)	3oz	90	18	0	0	6/10
Greek Yogurt (Oikos)	150g	112	15	7	0	8/10
Waffle Mix (Kodiak)	1/2 cup	190	14	30	2	7/10
Organic Free Range Eggs (Kirkland)	1 egg	70	6	0	5	7/10
Sliced Grass Fed Sirloin (Cuisine Solutions)	3oz	120	19	1	5	5/10
Chicken Tenders (Real Good)	112 g	160	23	3	6	7/10
Chicken Nuggets (Just Bare)	84 g	160	16	9	7	7/10
Chicken Burger (Amylu)	1 burger	170	19	3	9	8/10
Perfect Bar (Peanut Butter)	1 bar	340	17	27	19	7/10
Protein Drink (Core Power)	1 bottle	170	26	8	4.5	6/10
PB Fit	2 tbsp	60	8	6	2	7/10
Ascent 100% Whey (Chocolate)	1 scoop	120	25	4	1	6/10