



KORI'S KITCHEN

let's get cooking

30 Grams of Protein



1 C Tempeh



5 Eggs



2 C Black Beans



1½ C Greek Yogurt



10 Large Shrimp



1½ C Tofu



1 Can Wild Tuna



1 Cup Cottage
Cheese



1 Chicken Breast

To get high protein recipes, go to koris-kitchen.com