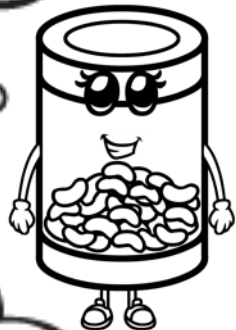


Chef Solus Protein Pals - Meet the Meat & Beans Group!

Beans give you lots of protein and fiber!



Hello! We are the Meat & Beans Group!



Give your muscles protein to keep you strong!



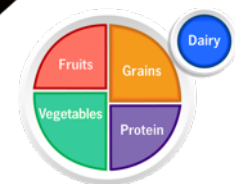
A handful of nuts and seeds are packed with protein and healthy oils!



Eat lean meats that don't have fat on it for a healthy heart.



Soy and tofu are healthy types of non-meat protein.



Chef Solus Protein Pals - Meet the Meat & Beans Group!

Be healthy with white meat from chicken and turkey, without the skin.

Meet my friends,
the Meat & Beans Group.
A little protein at each meal keeps
you growing!
Please color my friends.

Seafood
gives you
healthy protein.

