

Ellen's Top 5 Meats to Fuel your Body



MEAT (3oz)	CALORIES	PROTEIN	FAT
Pork Tenderloin	122	24 grs	3 grs
Grass Fed Beef*	162	15 grs	2 grs
Plain Chicken Breast	120	21 grs	3 grs
Veal	150	20 grs	2 grs
Turkey	120	27 grs	4 grs

* In addition to these nutrients, grass fed beef contains Omega 3's, which are good for your heart health.