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.

Beans give you lots of protein and fiber!
Chef Solus Protein Pals - Meet the Meat & Beans Group!

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

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

Seafood gives you healthy protein.

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