

Cut out the shapes to make a fat ball. Punch through the circles and then tie the shapes together. Slice the shape on the bottom of your steak onto your eggs.

Complete Proteins

A complete protein contains all 9 of the essential amino acids your body needs. Remember your body can't make essential amino acids. You must get them from the foods you eat!

Poultry

Fish

EGGS

meat

dairy

Note: There is more video work and to read you need to copy it, write it and read it.

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