

# ZENWISE<sup>®</sup> health

Zenwise Health<sup>®</sup> is committed to supporting your healthy and active lifestyle by bringing you exciting solutions and highly effective products that you can trust.





## MEAT, POULTRY, EGGS:

All nutritional values listed below are based off cooked items.

### CHICKEN (SKINLESS)

3 ounces  
141 calories  
28 g of protein

### STEAK

3 ounces  
158 calories  
26 g of protein

### TURKEY (ROASTED)

3 ounces  
135 calories  
25 g of protein

### PORK

3 ounces  
122 calories  
22 g of protein

### EGG (LARGE)

1 large egg  
71 calories  
6 g of protein



## SEAFOOD:

All nutritional values listed below are based off cooked items.

### SALMON

3 ounces  
155 calories  
22 g of protein

### TUNA

3 ounces  
99 calories  
22 g of protein

### SHRIMP

3 ounces  
101 calories  
20 g of protein

### LOBSTER

3 ounces  
76 calories  
16 g of protein

### SCALLOPS

1 large egg  
75 calories  
14 g of protein



## LEGUMES, GRAINS, VEGETABLES:

All nutritional values listed below are based off cooked items.

### PINTO BEANS

½ cup  
197 calories  
11 g of protein

### LENTILS

½ cup  
101 calories  
9 g of protein

### EDAMAME

½ cup  
95 calories  
9 g of protein

### BLACK BEANS

½ cup  
114 calories  
8 g of protein

### RED KIDNEY BEANS

½ cup  
112 calories  
8 g of protein

### CHICKPEAS

½ cup  
134 calories  
7 g of protein

### LIMA BEANS

½ cup  
105 calories  
6 g of protein

### QUINOA

½ cup  
111 calories  
4 g of protein

### GREEN PEAS

½ cup  
59 calories  
4 g of protein

### SPINACH

½ cup  
41 calories  
3 g of protein