



Burlington Pediatrics
Mebane Pediatrics

By your side for a healthy future

PROTEIN



Almonds



Black beans



Cashews



Cheese



Chicken



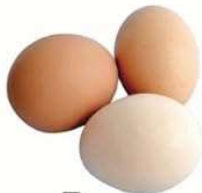
Chickpeas



Cottage cheese



Edamame



Eggs



Greek yogurt



Haddock



Lentils



Milk



Peanut butter



Peanuts



Pork



Quinoa



Salmon



Tofu



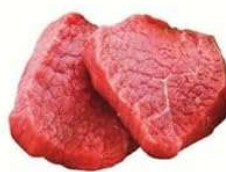
Tempeh



Turkey



Tuna



Beef



Walnuts