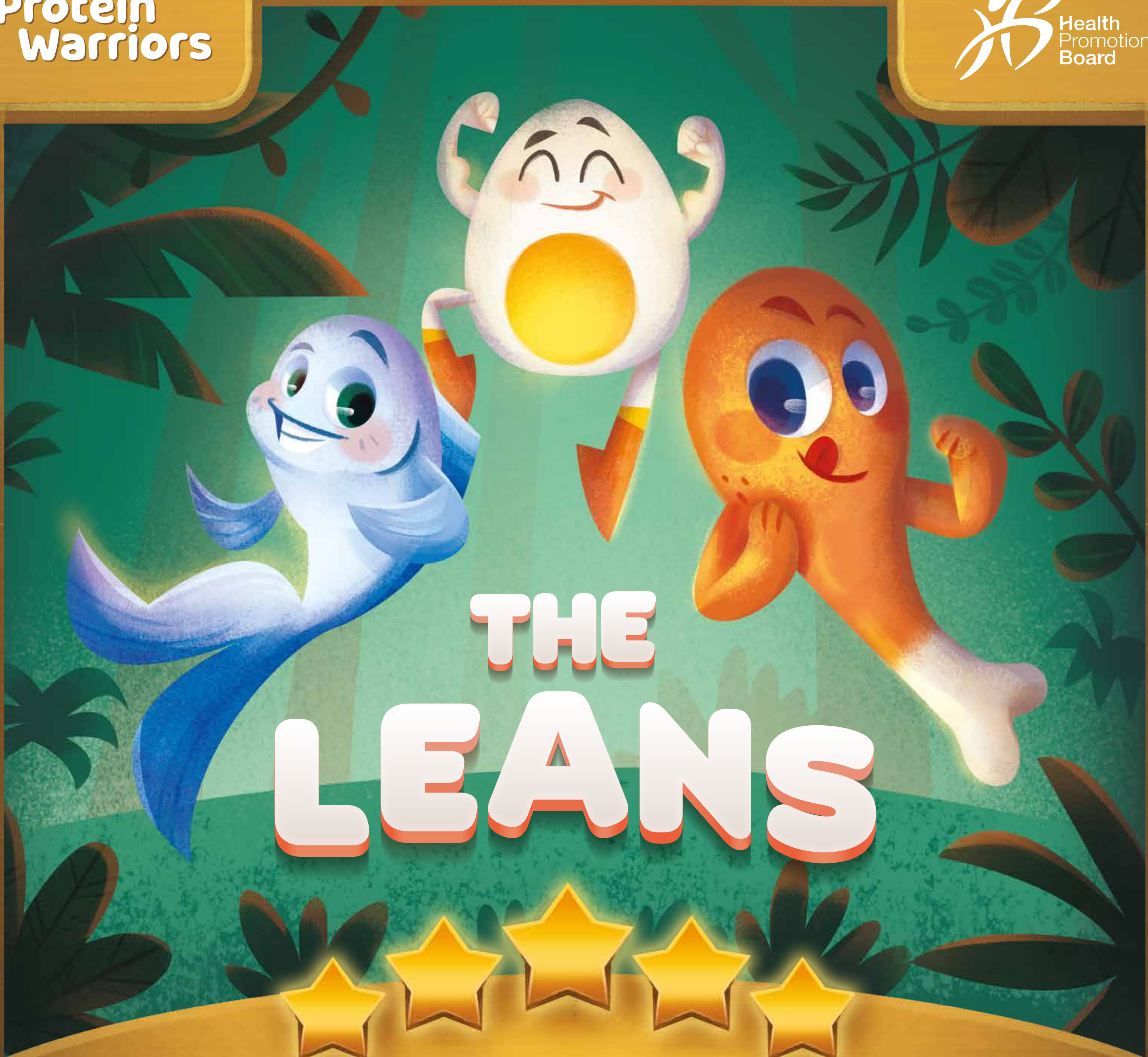




THE LEANS



Equip your body with healthier protein



MUSCLE GROWTH : ★ ★ ★ ★ ★

STRENGTH : ★ ★ ★ ★ ★

GERM GUARD : ★ ★ ★ ★ ★

**Gain extra power by
building up your muscles
and bones with lean meats.**

What's on your plate?
Eat a balanced meal of quarter
plate wholegrains, quarter plate
meat and others, and half plate
fruit and vegetables.

THE PROCESSED



Equip your body with healthier protein



MUSCLE GROWTH : ★☆☆☆☆

STRENGTH : ★☆☆☆☆

GERM GUARD : ★☆☆☆☆

Cut down on eating processed meats to avoid health baddies such as heart disease, cancer, and high blood pressure.

What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

Edamame

Tofu

Unsalted &
Unsweetened
Peanut Butter

Tau Kwa

Beans &
Peas

Low-fat
Cheese

THE NON-MEAT HEROES

Equip your body with healthier protein

MUSCLE GROWTH :



STRENGTH :



GERM GUARD :



Besides lean meats,
these non-meat protein options
can also level up your health.



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.