

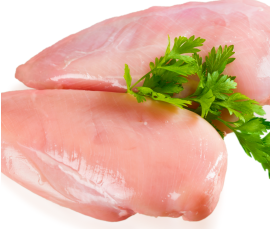





EXTREME PROTIEN CHART

**ADVANCED HCG
BODY FOR LIFE**









COLIN F. WATSON

PROTIEN





		CPA	OZ	CAL
Chicken		31	4.85	150.35
King Crab		24	6.25	150
Flounder / Sole		26	5.8	150.8
Alaskan Sea Bass		28	5.8	150.8
Tilapia		27	5.55	149.85
Cod		23	6.5	149

PROTIEN

Halibut		31	4.85	150.35
Ground Turkey 93%		41	3.66	150.06
Ground Turkey 99%		30	5	150
Hamburger 95%		38	3.95	150.1
Prawn		30	5	150
Sirloin		53	5	150



PROTIEN

Scallops		25	6	150
Shrimp Shelled		30	5	150
Lobster		26	5.8	150.8
Egg Whites		15	10	150

