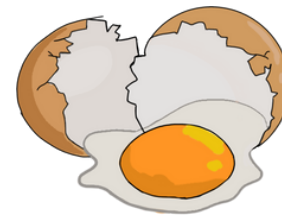
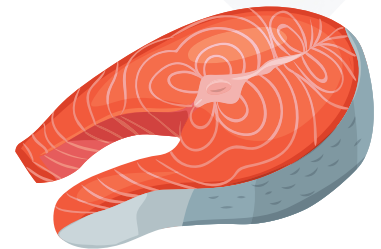
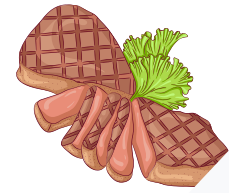


Proteins

- 90-96% Ground Beef (25g per 4oz)
- 94-99% Ground Turkey (25g per 4oz)
- Chicken Breast (25g per 4oz)
- Boneless/skinless chicken thigh (22g per 4oz)
- Turkey Breast (25g per 4oz)
- Pork Tenderloin (25g per 4oz)
- Sirloin Steak (25g per 4oz)
- Tri Tip steak (25g per 4oz)
- Flank Steak (25g per 4oz)
- Shrimp (20g per 4oz)
- Salmon (28g per 4oz)
- Cod (25g per 4oz)
- Halibut (25g per 4oz)
- Tilapia (20g per 4oz)
- Scallops (25g per 4oz)
- Tuna (22g per 4oz)



- Eggs (6g per egg)
- Egg whites (3g per egg white)
- Greek Yogurt (15-20g per cup)
- Cottage Cheese (15-20g per cup)
- Protein powder (20-30g per scoop)
- Beef jerky (15g per ounce)
- Bone Broth (10g per cup)