

PROTEIN SOURCE BRANDS

MEATS



Amylu
Sausages and meatballs



Boar's Head



Applegate
Lunch meats, Sausages,
Chicken nuggets



Chomps
Meat Sticks



Nick's Sticks



Butcher Box
Good option for premade
and raw meats



Bare Chicken Nuggets
(*Has seed oils but taste like
Chic-fil-a and a better option)



Jones
Chicken breakfast sausages



Kevin's



Teton
Polish sausage



Kiobassa
Roasted Garlic Smoked Sausage



**Vital Proteins
Collagen Peptides**
dissolves in anything Liquid
without changing texture or
taste



Kirkland
Smoked Pulled Pork



EPIC bars



Banza Pasta

PROTEIN SOURCE BRANDS

YOGURTS



Oikos Pro
(20grams of protein)



Oikos Triple Zero



Siggis
Plant based yogurt with Protein

SNACKS



Lesser Evil Popcorn



Siete Brand



Hippeas
(Does have seed oils)



Enjoy life
Chocolate Chips



Unreal Dark
Chocolate Coconut Bars



Jacksons
Sweet Potato Chips



HU



Simple Mills



Purely Elizabeth
Granola

PROTEIN SOURCE BRANDS

MISC



Evergreen Waffles



Kodiak
pancakes or waffles



Steel cut oats



Smash Foods Chia jam



Kind
Frozen
(tastes like a frozen
snickers!!!)



Breadsmith Bread
French Peasant, Multigrain,
Rustic Italian



La Tortilla Factory
Tortillas



Crunch Master
Multi Grain Baked crackers



Mary's Gone
Crackers



Flackers



Primal Kitchen



Chosen