



Protein Sources

MEAT	FISH	DAIRY	OTHERS
<ul style="list-style-type: none">● Chicken (breast, thigh, drumstick, wings)● Steak (Sirloin, Filet mignon, New York Strip)● 90% (or leaner) ground meats (chicken, beef, turkey)● Roast beef● Bison● Beef Jerky● Turkey Breast● Turkey Bacon● Turkey Sausage● Duck● Lamb● Pork● Canadian Bacon● Deli Meat	<ul style="list-style-type: none">● Canned Tuna● Fresh Tuna● Shrimp● Salmon● Cod● Haddock● Tilapia● Swordfish● Scallops● Anchovies● Grouper● Halibut● Mackerel● Trout	<ul style="list-style-type: none">● Cottage Cheese● Greek yogurt● Fairlife Milk● Whey Protein● Casein Protein● Cheese**	<ul style="list-style-type: none">● Eggs● Egg Whites● Protein Bars● Plant-Based/Vegan Protein Powders● Tofu● Edamame● Beans*● Lentils*● Legumes*● Quinoa*● Nuts and seeds*● Nut and seed butter*

*Vegan or Vegetarian Options