



Protein Examples

Animal Protein	Dairy Protein	Vegan Protein	Powdered Protein
<ul style="list-style-type: none">• Lean red meat• Wild game meat• Fish• Chicken or turkey breast/ground• Eggs	<ul style="list-style-type: none">• Plain greek yogurt• Cottage cheese• Assorted Cheeses• Milk	<ul style="list-style-type: none">• Beans• Lentils• Chickpeas	<ul style="list-style-type: none">• Whey• Casein• Rice• Pea