

# Protein Picks



ground turkey (97% lean)



turkey breast



ground chicken



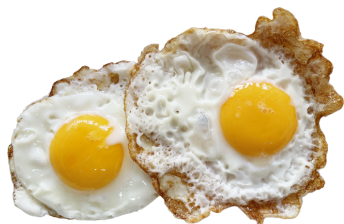
ground beef (93% lean)



chicken breast



pork tenderloin



eggs/egg whites



tuna



shrimp/salmon/tilapia



cottage cheese



pumpkin seeds



Lentils



beef sticks



cashews or almonds



EPIC jerky

# Protein Picks



**Jones Chicken Breakfast Sausage**



**Oikos Triple Zero yogurt (or plain yogurt & add protein powder to flavor)**



**Applegate Turkey Sausage**



**Natural Peanut Butter or Almond Butter**



**protein bars (Rx, no cow, Go macro, ONE Larabar)**



**Chickpeas (Banza pasta)**



**Protein Powders (Just Ingredients, Truvani, Clean Simple Eats)**



**edamame**



**Milk**



**chia seeds**



**tempeh**



**quinoa**



**tofu**