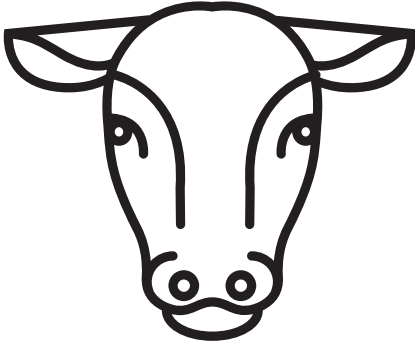


PROTEIN PRO



CONSCIOUS CARNIVORES

- Animal organs (liver, heart, kidneys)
- Beef (fatty cuts such as ribeyes or short ribs are best)
- Bison
- Chicken (all parts— skin, thighs, legs and breasts)
- Duck
- Eggs (including the yolk)
- Elk
- Goat
- Hens
- Lamb
- Pork (belly, chops, bacon)
- Sausage
- Turkey
- Unadulterated whey protein powder
- Venison

PESCATARIANS

- Abalone (farmed)
- Arctic Char (farmed)
- Clams (farmed)
- Crab: King, Snow & Tanner (AK)
- Lionfish (US)
- Mussels (farmed)
- Oysters (farmed & Canada)
- Prawn (Canada & US)
- Salmon (New Zealand)
- Scallops (farmed)
- Shrimp (US farmed)
- Tuna: Albacore (trolls, pole and lines)

VEGANS/ VEGETARIANS

- Cashews
- Chia seeds
- Hemp seeds
- Macadamia nuts
- Pecans
- Seitan
- Tempeh
- Tofu
- Walnuts
- Whole fat cheese

