

Protein



Plan 1 Serving of Protein at EACH MEAL

Use the images above to gauge your serving sizes.

1 deck of cards, palm size or cell phone size portion is one serving size for women. Double for men.

--- Lean Meats ---

- Ground Beef (97% Lean)
- Chicken
- Turkey
- Bison
- Venison
- Pork
- Ham
- Wild Game

--- Supplements ---

- SFH Pure Whey Protein
- SFH Recovery Whey Protein
- Plant Protein Powder

We research all our products before purchasing. These products are very high quality, have great flavor & a great price point.

--- Eggs* ---

- Eggs (preferably free range)
- Egg Whites

* Eggs from Simple Tradition Farms are available at FF for just \$3/dozen.

--- Full-Fat Dairy ---

- 4% Cottage Cheese
- Plain Greek Yogurt
- Ricotta Cheese
- Block Cheese
- Plain Kefir

Be conscious of how your body feels after consuming dairy. Dairy products can be a good source of protein but many people have a mild intolerance to it. This is exhibited through feeling bloated, gassy, lethargic, heavy or having a stuffy or runny nose. If you have any of these symptoms, we suggest eliminating it from your diet to see if symptoms improve.

--- Shellfish** ---

- Crab (domestic)
- Lobster
- Shrimp
- Oyster

--- Fish** ---

- Anchovies
- Summer Flounder
- Haddock
- Herring
- Sardine
- Wild Pacific Salmon
- Tilapia

** The fish and shellfish listed are those with the lowest level of contaminants and are considered safe to eat.

For a complete list, [click here](#).