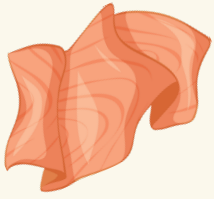


# TOP 10 QUALITY PROTEIN IDEAS



1. Wild smoked salmon



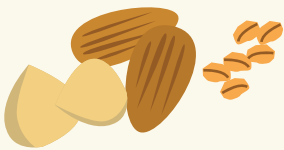
2. Grass-fed preservative-free beef jerky or salami sticks

3. Preservative free + pastured prosciutto + ham

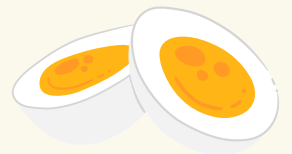
4. Preservative free, pastured + naturally fermented salami

5. Activated nuts and seeds (if permitted)

6. Hard boiled pastured eggs



7. Tinned wild fish



8. Left over meat from dinner  
e.g. keftethes (Greek meat balls)

9. Full fat cheese (if dairy tolerated)



10. Yogurt (dairy or coconut)

