

# HIGH-PROTEIN FOOD STAPLES

## PANTRY STAPLES

- Protein Powder
- Collagen Powder
- Jerky
- Thrive Provisions
- Wagyu Beef Bar
- Almond Flour
- Coconut Flour

## FRIDGE ESSENTIALS

- Whole Chicken
- Beef Roast Cuts
- Ground Beef
- Turkey Sausages
- Salmon
- Mackerel
- Bluefin Tuna
- Eggs
- Greek Yogurt
- Cottage Cheese

## HEALTHY PRODUCE

- Avocado
- Berries
- Asparagus
- Broccoli
- Beans and Sprouts
- Almonds
- Spinach

## PROTEIN SNACKS

- Chomps Meat Sticks
- RX Bars
- Amarita Protein Bars

## NOTES:

