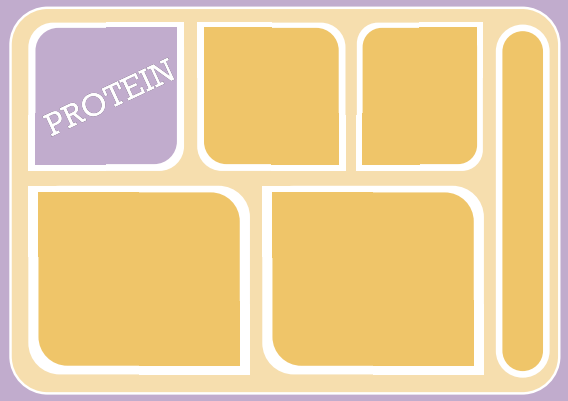
PROTEIN



Beef
Bison
Cheese
Chicken
Deer
Duck
Eggs
Elk
Fish
Lamb
Pork
Turkey

Garbanzo
Beans
Lentils
Peas (dry)
Pinto Beans
Black Beans
Yogurt