



5 Healthy High



PROTEIN FOODS

for hormone health

*PER 100 GRAMS

CHICKEN BREAST
(PASTURE-RAISED)



165

kcal



SALMON (WILD-
CAUGHT)



208

kcal

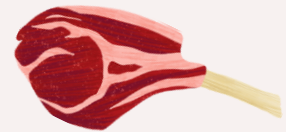


LAMB (100%
GRASS-FED)



230

kcal



BEEF (100%
GRASS-FED)



243

kcal



EGG (PASTURE-
RAISED)



155

kcal



Minimum of 2-6 ounces of protein per meal.

Avoid processed meat alternatives,
especially those containing soy and gluten-
containing grains.



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