

# SHOPPING FOR CLEAN PROTEIN & SNACKS

*Guide to Success*



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# SHOPPING FOR CLEAN PROTEIN



When it comes to buying protein, some choices are far better than others. As for animal products, those that were raised in their natural environment and fed their natural diet, will have a far better nutrition composition than those that were not. For plant based protein, the closer it is to its whole form the more nutritional value it will have and the less inflammatory it will be.

Then there are protein powders and protein bars. These can be useful if you find it hard to get enough protein without eating too many calories. However, most powders and bars are not healthy, therefore paying attention to the brand and ingredients matters...



# Animal Protein

## BEST

- 100% grass-fed and finished beef.
- Organic and pasture raised poultry and eggs.
- Wild caught fish.
- Organic 100% grass-fed milk or cheese (often goat and sheep are best).

## BETTER

- Grass-fed beef.
- Organic eggs and poultry.
- Canned wild caught fish with low mercury.
- Organic and uncured bacon that is nitrate and nitrite free.
- Organic chicken sausage.



## AVOID

- Non-organic meat and poultry.
- Grain-fed beef.
- Conventional deli meat.
- Meat with nitrates, nitrites, and colors such as most bacon, most deli meat, and most breakfast sausage.









# BEST (Dairy) PROTEIN POWDERS







# BEST PROTEIN SNACK/BAR BRANDS







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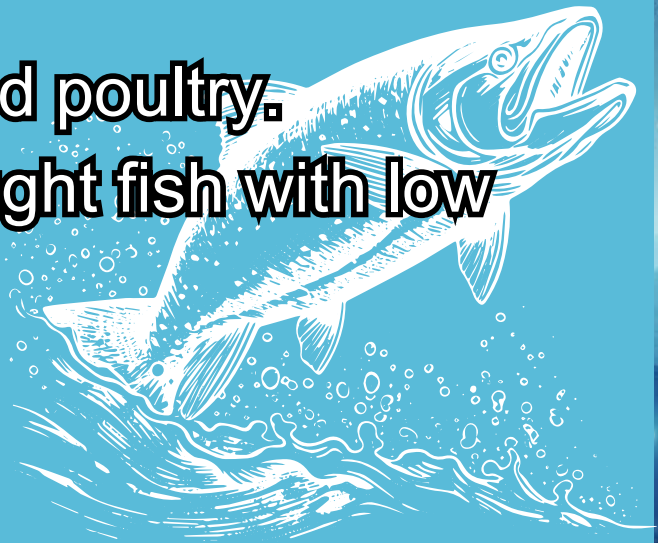
# Pescatarian Protein

## BEST

- Wild caught Fish & Seafood
- Pasture Raised Eggs
- Greek Yogurt & Cottage Cheese
- Dry roasted or raw nuts and seeds.
- Organic beans, legumes, lentils, and quinoa.

## BETTER

- Organic eggs and poultry.
- Canned wild caught fish with low mercury.
- Tofu & Tempah



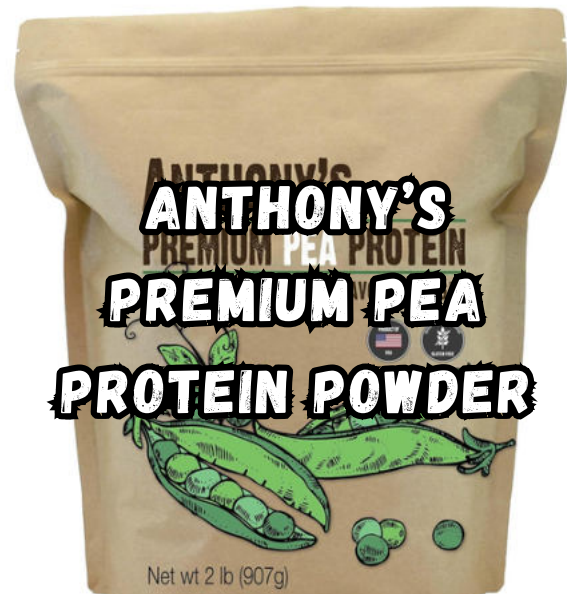
## AVOID

- Poultry
- Conventional deli meat.
- Meat with nitrates, nitrites, and colors such as most bacon, most deli meat, and most breakfast sausage.
- Gelatin





# BEST (Non-Dairy) PROTEIN POWDERS







**KATE'S REAL  
FOOD BARS**



**SQAURE  
ORGANICS  
PROTEIN BARS**

# BEST PROTEIN SNACK/BAR BRANDS



**HEALTH WARRIOR  
PROTEIN BARS**



**BEARDED BROTHERS  
FOOD BARS**





**GO MACRO  
FOOD BAR**



**WILD PLANET  
SARDINES**

# BEST PROTEIN SNACK/BAR BRANDS



**EPIC  
SALMON BITES**



**WILD PLANET  
TUNA**