



LIVE LONGER, STRONGER,  
AND ENJOY LIFE!

# PORTABLE PROTEIN SOLUTIONS

## CHEAT SHEET



**BEEF JERKY**



**HARD-BOILED EGGS**



**EGG BITES**



**PROTEIN SHAKE**



**BEEF STICKS**



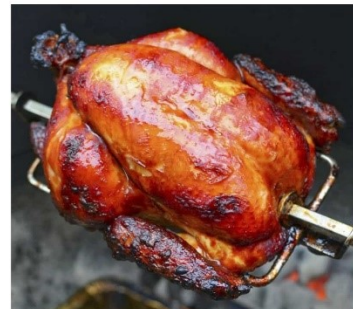
**SALAMI ROLL-UPS**



**PROTEIN PACKS**



**HIGH-PROTEIN YOGURT**



**ROTISSERIE CHICKEN**