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PROTEIN

# RE-HAUL

# Kitchen Staples



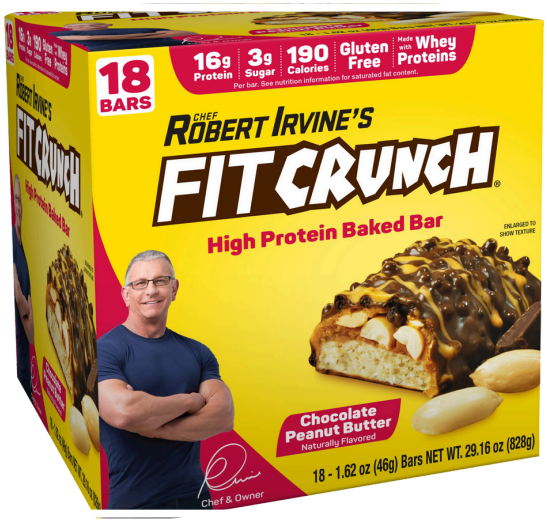

Egg Whites




0% Plain Greek Yofurt




1% Greek Yogurt




Robert Irvine's Whey Protein Bars




Premier Protein Protein Pancakes




Steak Strips




Ground Turkey




Water Canned Tuna




6 Bean Blend Can

# Kitchen Staples



Whole Eggs




Fairlife Shakes




0% Skim Milk




Casein Protein Powder




PB Fit




Firm Cottage Cheese




Quest Chips




Edamame




Oatmeal Crisp Protein Cereals

# Kitchen Staples




Maple Syrup Beans




No Beans Hormel Chili




Quaker Protein Pancake Mix




Smoked Salmon




Frozen Cooked Shrimp



Rotisserie Chicken




Organic Chickpea Pasta




Lilydale Sliced Turkey




Premiere Protein

# Kitchen Staples



Fresh Additions Fully Cooked Chicken Breast Bites



Lean Ground Beef




Fontaine Sante Extra Firm Tofu




Keto Wraps



Costco’s Marinated Boneless Skinless Chicken Breast



Costco’s Stuffed Salmon



Kirkland Signature Stuffed Bell Peppers



Kirkland Signature Chicken & Asparagus




Galbani Parmigiano-Reggiano