



Main Protein Sources

Bad Choice	Better Choice	Best Choice
Supermarket eggs	Free range eggs	Organic eggs
Supermarket steaks	Steaks from a local butcher	Organic steaks
Prime rib joint	Rib-eye steak, rump steak, skirt	Fillet steak, flank steak, sirloin steak, topside steak, Porterhouse, T-bone
Chicken breast	Free range chicken breast	Organic chicken breast
Fried chicken	BBQ chicken (don't eat the skin) with salad	Turkey breast and greens
Deep-fried fish	Pan-fried fish and salad	Grilled fish and a green salad
Sausage	Organic sausage	Organic steak
Scrambled or fried eggs	Poached or boiled eggs	Organic poached or boiled eggs
Tinned meat	Fresh meat	Fresh organic meat
Battered or breadcrumbed fish	Fresh farmed fish	Wild/organic fish
Packaged sliced ham	Ham off the bone	Organic ham off the bone
Processed sliced cheese	Block of supermarket cheese	Organic natural goat's cheese
Tinned salmon	Farmed smoked salmon	Organic smoked salmon