Non-Vegan Guidelines

Please see below non-vegan protein sources that are high in protein but low in fat and carbs. Consume any of these with your meals. All weights are a guide.

Raw, Skinless, Chicken Breast	**100g**
Raw, Lean Minced Beef	**100g**
Raw Turkey Breast	**100g**
Raw Egg Whites	**200g**
Raw, Frozen White Fish	**150g**

NOTE: As we are a vegan company, we request that when you discuss these meal plans in The Sculpted Vegan communities or coaching calls, you use the wording "non-vegan protein" rather than the specifics of eggs, chicken, etc., to be respectful to our vegan members. We would really appreciate it. Thank you!