

# Premium Proteins: Bang for Your Buck



filet mignon

\$36.88/lb



king salmon

\$24.90/lb



Wild American Shrimp

\$18.90/lb

Wild American Shrimp are packed with the same nutrients & flavor as other premium proteins, but cost **25% less** than king salmon and **50% less** than filet mignon!

per 3.5 oz serving

percent of recommended daily nutritional value\*

calories	<b>9%</b>	211 cal	calories	<b>8%</b>	187 cal	calories	<b>4%</b>	99 cal
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protein	<b>60%</b>	30 g	protein	<b>40%</b>	20.26 g	protein	<b>47%</b>	23.9 g
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vitamins+ minerals

B <sub>12</sub>	<b>259%</b>	5.18 µg	B <sub>12</sub>	<b>145%</b>	2.5 µg	B <sub>12</sub>	<b>85%</b>	1.7 µg
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selenium	<b>46%</b>	25.2 µg	selenium	<b>78%</b>	43.1 µg	selenium	<b>102%</b>	56 µg
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copper	<b>9%</b>	80 µg	copper	<b>9%</b>	80 µg	copper	<b>32%</b>	280 µg
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omega-3s	<b>91%</b>	1 mg	omega-3s	<b>105%</b>	1.16 g	omega-3s	<b>31%</b>	34 g
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cost for protein + vitamins + minerals

**\$8.09**

**\$1.81**

**\$1.71**

\*daily recommended dietary values based on average active 40-year-old woman (na.usda.gov/fnic/interactiveDRI)

sources: ndb.na.usda.gov reports 15271, 35153, 13443; price sources from USDA Nat'l Beef Report & survey of averages among online retailers