

HUNT TECH: DITCH THE GPS AND GO MOBILE!

ELK HUNTER

MAGAZINE

— Summer 2016 —



- BOWHUNTING: TRICK-PIN SYSTEM
- DIY POLISH SAUSAGE/KIELBASA!
- BACKCOUNTRY HORSE CARE:
PART 2 – MAJOR INJURIES

EPIC

Epic founders Taylor and Katie became vegetarians in an attempt to optimize their health, but soon found that a high-carb, low-fat, and processed protein diet actually reduced their overall health. Then they discovered the benefits of healthy animal fats and grass-fed protein. All Epic meats are sourced from 100% wild or pasture-raised animals and fish.

Epic offers 12 different meat bars blended with fruits and nuts. The meat sources include bison, beef, chicken, pork, turkey, wild boar, and salmon. With options like bison/bacon/cranberry, beef/habanero/cherry, and wild boar/bacon, you'll find several that you would serve as appetizers to company!

Epic's Hunt & Harvest Mix contains classic trail mix combinations of fruits, nuts, and seeds, along with jerky bits. There is a divider between the jerky and trail mix to maintain the flavor integrity of each product.

Strength: High protein; tremendous diversity of flavors.

Weakness: If you don't like meat, then you won't like Epic.

Our Favorites: Chicken Sriracha bar, Beef Apple Bacon bar, Honey Harvest trail mix.

Cost: Bars start at \$2.50.

Contact: www.epicbar.com.



EHM BACKCOUNTRY FOOD

— Bars —

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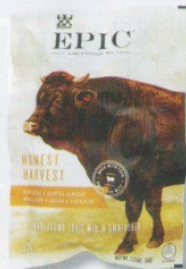
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If you're a fan of The Paleo Diet last year, and some of the best berry Almond.

Strength: Gre

Weakness: Sc

Our Favorite:

Cost: \$3.79.

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Nutrition Facts

Serving Size (72g)
Servings Per Container 12
Calories 310
Calories from Fat 130

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 15g	23%	Total Carbohydrate 31g	10%
Saturated Fat 2.5g	13%	Dietary Fiber 7g	28%
Trans Fat 0g		Sugars 22g	
Cholesterol 0mg	0%	Protein 17g	
Sodium 170mg	7%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Vitamin A 4% • Vitamin C 15% • Calcium 10% • Iron 10%

SIMPLE SQUARES

The name Simple Squares is an exact description of the product. Founder Kimberly Crupi Dobbins knew that in order for a treat to be good for you, it needed to be simple, with all-natural ingredients and nothing processed. Simple bars have five ingredients...that's it.

Strength: Chewy but nutty texture; great nutrient balance.

Weakness: We all wished the bars were bigger.

Our Favorite: Sage.

Cost: \$2.50

Contact: www.simplesquares.com.



HEATHER'S CHOICE PACKAROONS

These Packaroons are like plutonium, meaning there's a lot of energy packed into a very small space. Each package (2 per package) contains almost 400 calories from a simple ingredient list. With six different flavor options, you'll find one that you can't go without.

Strength: Calorie density and creative flavor options.

Weakness: If you don't like the texture of shredded coconut, then you might not like these.

Our Favorite: The Black Espresso is amazing.

Cost: \$5.00

Contact: www.heatherschoice.com.



Nutrition Facts

Serving Size 1.8 oz. (48g)
Servings Per Container 1

Amount Per Serving	Calories from Fat 280
Calories 390	% Daily Values*
Total Fat 31g	48%
Saturated Fat 28g	140%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 5g	20%
Sugars 15g	
Protein 2g	4%

Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g