



# FRESH FOOD OPTIONS TO HELP BUILD A BETTER BOWL

Click on a product name to learn more!

PRODUCT	RAW	COOKED	QUICK INFO	WHAT IT ADDS	BENEFITS
<a href="#">Frozen Pronto</a> <a href="#">Frozen Nuggets</a> <a href="#">Freeze-Dried Nuggets</a>	✓		Made with edible-grade meats, poultry, and game; certified organic produce and unrefined supplements.	Healthy digestible protein and fats, moisture, vitamins, minerals, omega fatty acids, enzymes	Great for dental health, skin, coat, and general wellness.
<a href="#">Raw Goat Milk</a>	✓		Raw goat milk, blended with organic cinnamon, ginger, turmeric, and probiotics	Moisture, healthy digestible protein and fats, electrolytes, minerals, taurine	Aids the digestive system, skin and coat, and immune system.
<a href="#">Bone Broth</a>		✓	Slowly simmered for up to 48 hours. Made with edible-grade bones, organic produce, & herbs	Moisture, glucosamine, chondroitin, collagen, & minerals	Supports the digestive system, immune system, hips, joints, skin, coat, & liver function.
<a href="#">Edible Elixir: Winter Squash Puree</a>		✓	Organic butternut squash, Pork Bone Broth, chia seeds, & probiotics	Moisture, soluble fiber, probiotics, and anti-nausea herbs	Provides unmatched support to the digestive system.
<a href="#">Edible Elixir: Healthy Green Smoothie</a>		✓	Organic power greens, Pork Bone Broth, organic mushrooms, and probiotics	Moisture, antioxidants, anti-inflammatory support, probiotics.	All ingredients work together to support the immune system.
<a href="#">Edible Elixir: Omega Mussel Mélange</a>		✓	Steamed mussels, Pork Bone Broth, organic greens, and turmeric	Moisture, glucosamine, chondroitin, omega-3 fatty acids.	Excellent support for hips & joints, as well as skin & coat.



## OPTIONS FOR PORTIONING FRESH FOODS WHILE ON A BUDGET

PRODUCT	SIZE OF PACKAGE	SERVING AMOUNT	HOW LONG IT WILL LAST
Primal Pronto	4 lbs.	1/4 cup per meal	32 days
		1/2 cup per meal	16 days
Primal Raw Frozen Nuggets	3 lbs.	1/2 nugget per meal	48 days
		1 nugget per meal	24 days
Primal Freeze-Dried Nuggets	14 oz.	1/2 nugget per meal	48 days
		1 nugget per meal	24 days
Primal Raw Goat Milk	16 oz.	1 ounce per day	16 days
		2 ounces per day	8 days
	32 oz.	1 ounce per day	32 days
		2 ounces per day	16 days
Primal Bone Broth	20 oz.	1 ounce per day	20 days
		2 ounces per day	10 days
Primal Edible Elixirs	16 oz.	1 ounce per day	16 days
		2 ounces per day	8 days
	32 oz.	1 ounce per day	32 days
		2 ounces per day	16 days