

Protea Kitchen

COOKBOOK

*Whole Food Fuel:
Recipes for Longevity and
Vitality*

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Balanced Breakfast Smoothie

430 KCAL/45P/20F/10C



1 serving



10 minutes

INGREDIENTS

1 cup milk of choice

1/2 cup vanilla Greek yogurt,
unsweetened

3/4 cup mixed frozen berries

1 tbsp natural nut butter

1 scoop protein powder

1-2 tbsp chia seeds

OPTIONAL INGREDIENTS

1 cup spinach

1/2 cup oats

1 scoop collagen powder

1/2 tbsp honey or maple syrup

1/2 frozen banana

dash of cinnamon

DIRECTIONS

1. Add all ingredients to blender in the order listed.
2. Blend until smooth consistency without lumps. Adjust the amount of milk for desired consistency.
3. Serve immediately and enjoy!

Disclaimer: The nutrition information provided is an estimate and may vary based on specific brands, cooking methods, and portion sizes. Always check labels and consult a nutrition professional for precise calculations.



Breakfast Sandwich

Meal Prep

429 KCAL/37P/23F/26C



6 servings



1 hour

INGREDIENTS

6 whole wheat english muffins

6 slices cheddar cheese

2 eggs

200g egg whites

100g cottage cheese (blended)

5g nutritional yeast

1 tbsp cornstarch

16oz ground turkey sausage (92% lean)

Seasoning blend: Salt, black pepper, garlic, onion, paprika, rubbed sage

DIRECTIONS

1. Combine ground sausage with equal parts salt, black pepper, garlic powder, onion powder, paprika, and rubbed sage. Mix until combined and then create 6 patties. They will be approximately 3 oz (pre-cooked) patties. No need to season if using preseasoned sausage.
2. Preheat oven to 400. Whisk together eggs, egg whites, blended cottage cheese, nutritional yeast, and cornstarch. Line 9x13 baking sheet with parchment paper. Pour egg mixture into the baking sheet. Bake at 400 for 15-20 minutes, checking regularly.
3. Over medium-high heat, cook the meat patties until cooked through. Top with sliced cheese.
4. Assemble six sandwiches with english muffins, cooked patties, cooked egg mixture. Wrap in foil or parchment. Store in freezer.

Reheating instructions:

Cover sandwich with damp paper towel. Microwave ~1 minute. Remove and split in half, microwave uncovered for additional 45 seconds. Assemble sandwich. Optional air fry at 375 for 5-7 minutes for toasted texture.



Sweet Potato One Skillet Hash

357 KCAL/16P/17F/35C



4 servings



1 hour

INGREDIENTS

- 1 tbsp olive oil
- 2 medium sweet potatoes, diced
- 1 bell pepper (red or yellow), diced
- 2 cloves garlic, minced
- 1 cup kale, chopped with stems removed
- 4 large eggs
- 2 green onion, chopped

OPTIONAL INGREDIENTS

Sausage- homemade

- 1 lb ground chicken or turkey
- 2 cloves garlic
- 2 tsp dijon mustard
- 2 tsp fennel seeds
- 2 tsp smoked paprika
- 2 tsp onion powder
- salt and pepper to taste

DIRECTIONS

1. *If making the homemade sausage start here* Combine 1lb meat choice with seasonings until mixed. Heat large skillet with 1 tbsp olive oil. Add meat and break apart with spatula. Set aside.
2. Heat 1 tbsp olive oil in the same skillet over medium-high heat. Add diced sweet potatoes and cook for 7-8 minutes until softened.
3. Add diced bell peppers, garlic, and seasonings. Cook for additional 3-4 minutes.
4. *If using homemade sausage, add back to the skillet, stir to combine*
5. Stir in chopped and stemmed kale until wilted.
6. Make wells for the eggs and crack them in. Cover skillet and cook until eggs are to your liking (3-4 minutes for runny yolk)
7. Serve with your favorite toppings and enjoy! Get creative with hot sauce, salsa, green onion, avocado or cilantro.



Quinoa Breakfast Bowl

560KCAL/40P/21F/46C



1 serving



30 minutes

INGREDIENTS

1/2 cup cooked quinoa (rinse)

1 cup water or milk of choice

1/2 cup vanilla Greek yogurt
(unsweetened)

2 tbsp natural nut butter

1/2 cup mixed berries (raspberries,
blueberries, strawberries)

OPTIONAL TOPPINGS

dash of cinnamon

chopped nuts (almonds, walnuts)

chia seeds/Flax seeds

light honey drizzle

DIRECTIONS

1. Rinse quinoa thoroughly in a fine mesh strainer. Bring water or milk to a boil in a small to medium size saucepan. Add quinoa and reduce to low, cover, and simmer for approximately 15 minutes or until moisture is absorbed. Fluff with a fork.
2. Assemble your bowl by adding slightly warm quinoa, vanilla greek yogurt, natural nut butter drizzle, and mixed berries. *You can use plain greek yogurt here and add in a few drops of vanilla extract for better flavor*
3. Add in your toppings of choice, if any. Serve hot or double the recipe and store the rest for busy mornings. Enjoy!



Cottage Cheese Pancakes

340KCAL/24P/10F/33C



1 serving



30 minutes

INGREDIENTS

1 cup cottage cheese
1 cup rolled oats
2 tsp baking powder
2 whole eggs
1/2 tsp vanilla extract
1/2 tbsp pure maple syrup
1/2 tbsp avocado oil (or spray
avocado oil)

OPTIONAL TOPPINGS

Pure maple syrup
Mixed berries
Natural nut butter
Chia seeds or flaxseeds

DIRECTIONS

1. Add cottage cheese, rolled oats, baking powder, eggs, vanilla extract, and pure maple syrup to a high powered blender. Blend until combined for 20 seconds. Stir mixture and re-blend for additional 20 seconds.
2. Preheat large skillet over medium heat. Careful to not heat too much, as it may burn your pancakes!
3. Pour around 1/4 cup of mixture onto the medium heat skillet. Cook each pancake for 2-3 minutes. Once they begin to bubble, flip pancake and cook for additional 1-2 minutes.
4. Assemble your protein-packed pancakes. Optional toppings for fresh berries, natural nut butter, or chia/flax seeds to boost fiber. Enjoy your pancakes!



Sweet Potato and Spinach Egg Bites

279KCAL/20P/18F/9C



4 servings



1 hour

INGREDIENTS

12 eggs, whisked
1 sweet potato, diced
1 tbsp olive oil
2 cups spinach, chopped
salt and pepper to taste

OPTIONAL INGREDIENTS

1lb top sirloin steak, diced
1 cup mushrooms, chopped
Feta cheese or shredded cheddar
Green onion
Egg whites

DIRECTIONS

1. Preheat oven to 400°F. Toss diced sweet potatoes with olive oil and salt and pepper and any additional seasonings you enjoy. Line a baking sheet with parchment paper. Evenly distribute coated sweet potatoes. Roast for 20 minutes.
2. As sweet potatoes are roasting, prepare the egg mixture. In a medium mixing bowl, whisk eggs and chopped spinach and seasonings.
3. Set potatoes aside to cool. Reduce heat in oven to 350°F. Grease muffin pan, or line with paper or silicone liners. Divide sweet potatoes evenly among the muffin tins. Pour the egg mixture over top, filling until 3/4 full.
4. Bake in the oven for 18-20 minutes, until the tops are golden. Let the egg bites cool. Enjoy warm or store in an airtight container in the fridge for up to 4 days.



Protein Balls



10-12

servings



30 min

INGREDIENTS

1/2 cup of Certified Gluten free
oats

1/4 cup of ground flax, chia
and/or hemp seeds

1 scoop of vanilla protein
powder

1 tsp of almond extract

1 tablespoon of honey

3/4 cup of natural nut butter (IE:
peanut, almond)

1/2 cup of 70% or darker mini
chocolate chips, if desired

DIRECTIONS

Mix all the ingredients in a bowl

Then roll into balls

Place it in the fridge for 30 minutes

Store in a covered container in the fridge

Hope you enjoy the recipe!



Shrimp Ceviche



4 servings



1 hour

INGREDIENTS

1 lbs shrimp, peeled, deveined,
and chopped into small
pieces 1/2 cup fresh lime
juice 1/4 cup fresh lemon
juice 1 red onion, diced 1
cucumber, diced 1 tomato,
diced 1/4 cup fresh cilantro,
chopped 1 avocado, diced salt
and pepper to taste

OPTIONAL INGREDIENTS

1 jalapeño or serrano, chopped
1/2 cup quinoa, cooked whole
grain crackers or chips

DIRECTIONS

1. Precook the shrimp. Bring a saucepan to a boil, and then turn off the heat. Place shrimp directly into pot for 1-2 minutes. Drain and immediately transfer shrimp to an ice bath to stop cooking.
2. In a large bowl, combine the drained and precooked shrimp with the lime and lemon juice. Allow to marinate for at least 30 minutes.
3. Stir in the chopped cilantro, onion, cucumber, and tomato. Add in avocado and jalapeño, if using. Season with salt and pepper to taste.
4. Serve chilled. Enjoy with whole grain chips, as a lettuce wrap, or with a side of quinoa.



Hard Boiled Egg Salad



4 servings



30 min

INGREDIENTS

8 large eggs

1 cup plain Greek Yogurt

1 tbsp dijon mustard

1/2 tsp chives or green onions,
chopped

2-3 tbsp dill pickle relish

1/4 cup red onion, finely
chopped

Salt and pepper to taste

DIRECTIONS

1. Place 8 eggs into a deep saucepan. Cover eggs with water by 1 inch. Bring water to boil on high heat. Once water begins to boil, set a timer for 10 minutes. Prepare an ice bowl or run eggs until cool water and place eggs carefully. Allow eggs to cool for 10 minutes.
2. Peel and slice eggs. Discard yolk from 4 of them (yay snacks).
3. Roughly chop eggs and yolks. Add in the plain greek yogurt, dijon mustard, chives/green onion, dill pickle relish, red onion, and seasonings to taste.
4. Stir to combine. Enjoy as a sandwich, lettuce wrap, or simply on a bed of fresh arugula!



High Protein Granola



10-12
servings



30 min

INGREDIENTS

1 cups old fashioned rolled oats
1 cup of ground flax, chia
and/or hemp seeds 1/2 cup
chopped almonds 1/2 cup
vanilla protein powder 3 tbsp
egg whites (or 1 egg white
from whole egg) 1/2 tsp
cinnamon

3 tbsp of honey

DIRECTIONS

1. Preheat oven to 325 degrees F. Line baking sheet with parchment or silicone.
2. Combine all ingredients into a large mixing bowl. Mix well until combined.
3. Spread mixture evenly across baking sheet.
4. Bake for 18-20 minutes. Carefully flip halfway through. If you like granola clusters, use a large spatula to not break the clumps. Granola should be a golden brown color.
5. Remove from oven and allow to cool. As the granola cools it will crisp.
6. Enjoy as a topping on oatmeal, unsweetened vanilla greek yogurt, or by itself as a nutrient dense snack!



chia seed chocolate protein Mousse



1 serving



20 min

INGREDIENTS

1 cup milk of choice

3 tbsp chia seeds

1 tbsp cocoa powder

1 tsp pure vanilla extract

1 serving chocolate protein
powder

OPTIONAL TOPPINGS

Fresh berries

Sliced almonds

Dark chocolate chips 70% or
higher

DIRECTIONS

1. Add all ingredients to blender. Blend until smooth.
2. Pour mousse mixture into a mason jar or bowl. Refrigerate for at least 1 hour to overnight.
3. Serve with your favorite toppings and enjoy!



High Protein Chicken Salad

227KCAL/40P/5F/10C



6 servings



20 minutes

INGREDIENTS

gups cooked chicken, shredded
or chopped

2 celery stalked, chopped

1 cup grapes, halved

1 cup almonds, thinly sliced

1 cup green or red onion,
finely chopped

2 tbsp parsley, chopped

3 cup plain Greek Yogurt

1 tbsp dijon mustard

3 tbsp lemon juice

salt and pepper to taste

DIRECTIONS

1. In a large bowl, mix together chicken, celery, grapes, almonds, onions and parsley.
2. In a separate bowl, whisk together Greek yogurt, dijon mustard, lemon juice, and salt/pepper. Drizzle the dressing all over the chicken mixture and mix well until all combined.
3. Cover and store in the refrigerator. Serve as a salad on a bed of leafy greens, or with whole wheat bread as a sandwich. Enjoy!



Pasta Salad

450KCAL/31P/19F,38C



4-6 servings



1 hour

INGREDIENTS

8 oz whole grain or chickpea pasta

1 cup cherry tomatoes, halved

1 cup cucumber, diced

1/2 red bell pepper, diced

1/4 cup red onion, finely chopped

1/4 cup fresh parsley, chopped

1/2 cup olives, sliced

1/2 cup crumbled feta

1 1/2 cup chickpeas

12 oz chicken

Dressing

1/4 cup extra virgin olive oil

1/4 cup fresh lemon juice (or red

wine vinegar)

1 tsp dijon mustard

1 clove garlic, minced

1/2 tsp dried oregano

Salt & pepper to taste

DIRECTIONS

1. Cook pasta according to package directions. Drain and rinse with cold water to stop cooking. **Allow to cool completely.**
2. Grill chicken: Season lightly with salt, pepper, oregano, and a squeeze of lemon. Grill 4–5 minutes per side until internal temp hits 165°F. Let rest, then slice or cube.
3. In a small jar or bowl, whisk together olive oil, lemon juice (or vinegar), mustard, garlic, oregano, salt, and pepper.
4. In a large bowl, toss **cooled** pasta, tomatoes, cucumber, bell pepper, red onion, parsley, olives, chickpeas, and feta.
5. Add dressing and toss again to coat evenly. Gently fold in grilled chicken.
6. Chill or serve immediately. Tastes even better after 30 minutes in the fridge!



Thai Comfort Coconut Chicken Soup



4-6 servings



1 hour

INGREDIENTS

1 tablespoon coconut oil
1/2 yellow onion, chopped
2 cloves garlic, minced
1/2 red or green jalapeno, sliced; or
1-3 Thai chiles, halved
3 1/4-inch slices ginger
1 lemongrass stalk, cut into 2-inch
long pieces
2 tsp red Thai curry paste
4 cups broth (chicken or
vegetable)
4 cups unsweetened, full-fat
coconut cream
16 oz chicken breast, sliced
8 ounces white mushroom, sliced
1-2 tbsp coconut sugar
1/2 cup coconut aminos or soy
sauce, to taste
2-3 tbsp fresh lime juice
2-3 green onions sliced thin
fresh cilantro chopped, for garnish

DIRECTIONS

1. In a medium pot, heat the coconut oil over medium heat. Add the onion, garlic, jalapeño or chile, ginger, lemongrass, and red curry paste; stir until fragrant. Add broth and bring to a boil. Reduce heat and simmer uncovered for 30 minutes.
2. Strain out the aromatics (the garlic, onions, lemongrass, and ginger) and discard. Add in coconut cream, chicken breast, and mushrooms. Simmer until chicken breast pieces are just cooked through, then add coconut aminos, coconut sugar and lime juice, plus more of each to taste.
3. Cook 2 minutes, then ladle into serving bowls and top with sliced green onions and fresh cilantro. Enjoy!



Tuna Salad

Power Bowl



4 servings



15 minutes

INGREDIENTS

4, 5-ounce cans of tuna

$\frac{3}{4}$ cup plain, unsweetened
yogurt (Greek or coconut)

$\frac{1}{4}$ cup sriracha

1 tablespoon unseasoned rice
vinegar

$\frac{1}{2}$ cup celery, thinly sliced

$\frac{1}{2}$ cup roasted almonds,
chopped

$\frac{1}{2}$ cup fresh cilantro, chopped

$\frac{1}{3}$ cup green onion, chopped

$\frac{1}{3}$ cup pickled jalapeños,
chopped

sesame seeds, for garnish

butter lettuce, for serving

salt and pepper, to taste

DIRECTIONS

1. Drain tuna cans and add to a large mixing bowl. Gently mash with a fork to loosen up the tuna.
2. Add yogurt, sriracha, and rice vinegar. Mix into tuna mixture, adding in salt and pepper to taste.
3. Combine with celery, roasted almonds, cilantro, onion, and pickled jalapeños.
4. Scoop mixture onto a bed of butter lettuce or create lettuce boats. Enjoy!



Black Bean & Sweet Potato Bowl with Avocado Crema



4 servings



45 minutes

INGREDIENTS

2 medium sweet potatoes, chopped

1 tbsp olive oil

salt & black pepper, to taste

- 1 tbsp olive or avocado oil
- 2 red onion, diced
- 3 red bell pepper, diced
- 4 garlic cloves, minced
- 5 (15 oz) cans black beans, rinsed
- 1/3 cup chopped cilantro
- 6 tsp smoked paprika
- 7 tsp ground cumin and chili powder
- 8 tsp dried oregano
- 9 tbsp lime juice
- 10 cup plain Greek yogurt
- 11 tbsp adobo sauce
- 12 tbsp lime juice
- 13 tsp maple syrup
- 14 garlic clove, minced
- 15 tsp kosher salt
- 16 cups chopped Romaine or greens of choice
- 17 cups cooked rice or quinoa
- 18 avocados, diced

Pickled red onions

Cilantro (for garnish)

Pepitas (pumpkin seeds), for topping

DIRECTIONS

1. Preheat the oven to 425 degrees F. Place the chopped sweet potatoes on a large baking sheet and drizzle with olive oil. Season with garlic powder, smoked paprika, salt, and pepper. Toss until the potatoes are evenly coated. Spread the potatoes in an even layer. Roast for 25 minutes or until the edges are browned, stirring once halfway through.
2. While the sweet potatoes are roasting, make the black beans. In a large skillet, heat the olive oil over medium high heat. Add the onion and bell pepper. Stir occasionally, until tender, about 4 to 5 minutes. Add the garlic and cook for 1 minute.
3. Add the black beans, cilantro, smoked paprika, salt, pepper, cumin, chili powder, and oregano. Stir until combined. Cook until the beans are heated through, about 5 minutes. Add the lime juice, stir, and remove from the heat. Set aside.
4. To make the chipotle lime crema, in a medium bowl, whisk together the Greek yogurt (or sour cream), adobo sauce, lime juice, maple syrup, garlic, and salt.
5. To assemble the bowls, add the sweet potatoes, black beans, lettuce, rice or quinoa, avocado, pickled red onions, cilantro, and pepitas to a bowl. Enjoy!



Red Lentil and Spinach Soup

220 KCAL/10P/7F/35C



4 servings



30 minutes

INGREDIENTS

- 1 cup red lentils
- 2 cups fresh spinach
- 3 onion, chopped
- 4 garlic cloves, minced
- 5 carrots, diced
- 6 cups low-sodium vegetable broth
- 7 tsp cumin powder
- 8 tbsp olive oil

Salt and pepper to taste

OPTIONAL INGREDIENTS

Ground beef (92% lean)
Freshly chopped parsley, for garnish

DIRECTIONS

1. In a large pot over medium heat, add olive oil. Sauté chopped onions until translucent. Add minced garlic and diced carrots; cook until tender.
2. Stir in rinsed red lentils and vegetable broth. Bring to a boil, stir occasionally, then reduce heat to low and let simmer for ~20 minutes.
3. Add seasonings: cumin, salt, and pepper after about 10 minutes of simmering.
4. When lentils are soft but not mushy, add fresh spinach leaves and cook until wilted (~2 minutes).
5. Serve immediately, add optional garnishes, and enjoy!



Salmon Vegetable Bowls

500kcal/35P/30F/35C



4 servings



30 minutes

INGREDIENTS

4 salmon fillets (about 4-6 oz each)

2 tablespoons olive oil

1 tablespoon soy sauce

½ cups cooked brown rice or quinoa

1 cup cooked edamame (shelled)

2 ripe avocados, sliced

1 small cucumber, thinly sliced

1 small carrot, shredded

1 tablespoon sesame seeds
(optional garnish)

1 tablespoon chopped fresh cilantro or parsley (optional, for garnish)

1 tablespoon rice vinegar

DIRECTIONS

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or foil. Place the salmon fillets on the baking sheet and drizzle with 1 tablespoon olive oil, and season with salt and pepper. Bake for 12-15 minutes or until the salmon is cooked through and flakes easily with a fork.
2. Cook the brown rice or quinoa according to package instructions. If you're using quinoa, it will have a slightly higher protein content, while brown rice has more fiber.
3. While the salmon is cooking, prepare the rest of your ingredients. Slice the avocado, thinly slice the cucumber, and julienne or shred the carrot. If you're using frozen edamame, steam or microwave the edamame according to package instructions.
4. Divide the cooked rice or quinoa into 4 bowls. Top each with 1 salmon fillet, sliced avocado, edamame, cucumber, and carrot. Drizzle with rice vinegar (if using) and sprinkle with sesame seeds and cilantro or parsley for garnish.
5. Serve immediately and enjoy your high-protein, fiber-rich salmon bowl!



Stuffed Pepper Taco Boats

375 kcal/30P/15F/30C



4 servings



1 hour

INGREDIENTS

4 large bell peppers (halved & deseeded)

1 lb lean ground turkey or beef

½ cup cooked quinoa

½ small onion, diced

2 cloves garlic, minced

1 cup black beans, rinsed

½ cup corn

1 tsp olive oil

1 tsp cumin

1 tsp chili powder

½ tsp smoked paprika

½ tsp oregano

½ cup salsa (or diced tomatoes)

½ cup shredded cheese

Salt & pepper to taste

DIRECTIONS

1. Preheat oven to 375°F. Place bell pepper halves cut side up on baking sheet.
2. In a large skillet, heat olive oil over medium heat. Add diced onion and cook for 2–3 minutes until soft. Add garlic and cook for 30 seconds until fragrant.
3. Add ground turkey or beef. Cook until browned and fully cooked. Stir in seasonings.
4. Add black beans, corn, cooked quinoa, and salsa/diced tomatoes. Stir to combine and heat through for 2–3 minutes. Taste and adjust seasoning if needed.
5. Spoon the mixture evenly into the bell pepper halves. Place in the prepared baking dish.
6. Bake uncovered for 25 minutes. Then sprinkle the tops with shredded cheese and bake for an additional 5 minutes, or until cheese is melted and bubbly.
7. Serve warm, optionally topped with fresh cilantro, a dollop of Greek yogurt or avocado slices.



Deconstructed Burger Bowl

500 kcal/45P/20F/20C



4-6 servings



45 minutes

INGREDIENTS

2 lbs lean ground beef (90%+)
2 tsp garlic powder
2 tsp onion powder
2 tsp smoked paprika

8 cups chopped romaine lettuce
2 cups cherry tomatoes, halved
2 cups cucumber, diced
1 red onion, sliced
2 avocados, sliced
1 cup pickles, diced
1 cup shredded cheddar cheese
2 tbsp light mayo
2 tbsp ketchup
2 tbsp mustard
hot sauce (optional)

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Add ground beef, garlic powder, onion powder, paprika, salt, and pepper. Cook until fully browned (~10 mins). Set aside.
2. In a bowl, mix Greek yogurt, ketchup, mustard, and hot sauce.
3. Divide lettuce, tomatoes, cucumber, red onion, avocado, and pickles into 4 containers or bowls.
4. Top with Beef and shredded cheese.
5. Drizzle with sauce before serving or pack sauce separately if meal prepping. Enjoy!



Baked Feta Spaghetti Squash

249KCAL/8P/18F/14C



2-4 servings



1.5 hours

INGREDIENTS

- 1 medium spaghetti squash, halved lengthwise and seeded
- 3 tbsp extra-virgin olive oil
- 8oz (~1 1/2 cups) cherry tomatoes
- 3 tbsp pesto
- 2 garlic cloves, minced
- 1 block feta, halved
- Salt and pepper to taste
- Fresh basil garnish

DIRECTIONS

1. Preheat oven to 400°F. Place the squash halves on a rimmed baking sheet and scoop out the seeds and stringy insides. Brush the cut side of each squash half with 1 tbsp olive oil. Season with salt and pepper.
2. In a medium bowl, combine tomatoes, pesto, garlic, remaining 2 Tbsp. olive oil, and a pinch of salt.
3. Place a wedge of feta cheese inside each squash half, followed by the tomato-pesto mixture, divided equally between each half.
4. Bake until the squash flesh is tender and the tomatoes burst, ~55 minutes. Use a fork to scrape the squash strands into the feta and tomato mixture, and continue mixing until everything is combined. (If your squash boats are overflowing and it's hard to mix, transfer everything to a large bowl to mix, and then place back into squash boat.) Garnish with fresh basil and enjoy!

Contact Us Today

We're here to support you on your journey to optimal health. Whether you have questions about our services or you're ready to schedule your first appointment, we'd love to hear from you. Reach out to our friendly team today and take the first step towards vibrant living.

Call or text us at **480-557-9095**
For general inquiries, contact us at
info@protealife.com

New patient questions, get in touch with
our care coordinators at
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Disclaimer: The nutrition information provided is an estimate and may vary based on specific brands, cooking methods, and portion sizes. Always check labels and consult a nutrition professional for precise calculations.