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Protein Quality Chart						
High		Tuna Wil Ha P	Protein Isolate a Sashimi d Salmon libut oached Eggs Turkey Breast Venison Buffalo Cottage Cheese	2	Alkaline	≫ Non-denatured
Medium		G Hot	Sardines Ostrich Chicken Breast Leg of Lamb Soy Protein Pork Ribs Fried Eggs round Beef t Dogs age Meats	PH	-7	Denatured (damaged)
Low		Cannec Luncheor		*	ļ.	*