

Additional Nutritional Information and Recipes from Altitude Wellness

Recipes:

- Sweet Potato Lasagna: <https://sweatnet.com/listing/sweet-potato-lasagna/>
- Paleo Buns: <https://sweatnet.com/listing/paleo-buns/>
- [Birch Benders Paleo Pancake and Waffle mix](#)
- Healthy Fried Chicken Tenders: <https://sweatnet.com/listing/guiltless-fried-chicken-tenders/>
- Homemade BBQ sauce: <https://sweatnet.com/listing/whole30-keto-bbq-sauce/>
- Brown Rice Pasta Spaghetti: <https://sweatnet.com/listing/brown-rice-pasta-spaghetti/>
- Overnight Oats: <https://sweatnet.com/listing/banana-almond-butter-honey-overnight-oats/>
- Chili: <https://sweatnet.com/listing/dr-francescas-famous-chili/>
- Egg muffins: <https://sweatnet.com/listing/bacon-spinach-egg-muffins/>

Trusted Brands:

- [Siete](#)
- [Purely Elizabeth](#)
- [Food for Life: Ezekiel](#)
- [Rx](#)
- [Jackson's Honest](#)
- [Primal Kitchen](#)
- [Simple Mills](#)

Supplement Brands:

- Thorne
- Metagenics
- Pure Encapsulations
- Designs for Health
- Standard Process

Protein Powders:

- Earth Fed Muscle
- Sunwarrior (vegan)
- Ancient Nutrition
- Orgain

Protein Drinks:

- OWYN
- Kate Farms
- Orgain

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