



Bighorn Peak Nutrition & Strength

Egg Guide:

Eggs:

Best choice: Pasture-Raised



- Hens live outside with 108 sq. ft. each, eat grass/bugs/worms, get sun and fresh air.
- Healthier birds = richer, orange yolks + sturdy shells.
- Fed non-GMO feed.
- Example: Vital Farms.

Not good:



- Caged – hens packed in stacked cages, no sunlight.
- Cage-Free – no cages, but still indoors 24/7.
- Avoid the gimmicks: “Caged” and “Cage-Free” hens never go outside and eat GMO corn/soy. Weak flavor, weak nutrition.

Decent middle ground:



- Free Range – about 2 sq. ft. outside time, some sun, some bugs, better than cage-free but not as good as pasture-raised.