

# Protein

- **Animals such as echidna, kangaroo, wallaby, bandicoot, kangaroo rat**
- **Reptiles such as goanna's, lizards, frogs and snakes**
  - **Birds such as emus, turkeys, swans, ducks parrots and cockatoos**
- **Some animal's foods, like witchetty grubs and green ants, are high in fat but most native land animals were very lean**

