

B	I	N	G	O
Walnuts	Almonds	Cottage chesse	Salmon	Kale
Blueberries	Turkey breasts	Olive oil	Apples	Tofu
Whole grain bread	Avocado	FREE	Green tea	Grilled chickens
Steamed broccoli	Hummus	Quinoa	Flaxseeds	Oatmeal
Bell peppers	Spinach	Brown rice	lentils	Chia seeds

B	I	N	G	O
Whole grain bread	lentils	Apples	Hummus	Blueberries
Salmon	Grilled chickens	Cottage chesse	Oatmeal	Avocado
Green tea	Almonds	FREE	Flaxseeds	Quinoa
Chia seeds	Walnuts	Brown rice	Steamed broccoli	Bell peppers
Kale	Greek yougurt	Tofu	Olive oil	Turkey breasts

B	I	N	G	O
Steamed broccoli	Flaxseeds	Whole grain bread	Chia seeds	Salmon
Spinach	Tofu	lentils	Hummus	Avocado
Quinoa	Apples	FREE	Green tea	Cottage chesse
Greek yougurt	Kale	Bell peppers	Almonds	Walnuts
Turkey breasts	Olive oil	Grilled chickens	Oatmeal	Brown rice