

B	I	N	G	O
Water	8-9 Hrs	Chicken	Sodium	Oatmeal
Carrots	Vegetables	Peas	Banana	Rice
Sugar	Yogurt	FREE	Beef	Fish
Immune System	Spinach	Nuts	Fiber	Peanut Butter
Eggs	Breakfast	Protein	milk	Cheese

B	I	N	G	O
Yogurt	Banana	Sodium	Carrots	Peas
Chicken	milk	Oatmeal	Breakfast	Rice
Immune System	Beef	FREE	Fish	8-9 Hrs
Fiber	Protein	Water	Cheese	Spinach
Nuts	Peanut Butter	Sugar	Vegetables	Eggs

B	I	N	G	O
Breakfast	Protein	Banana	Peanut Butter	Beef
Water	Immune System	Nuts	Vegetables	Oatmeal
Sugar	Cheese	FREE	Spinach	Fiber
Yogurt	Rice	Sodium	milk	Chicken
Fish	8-9 Hrs	Peas	Carrots	Eggs