

B	I	N	G	O
Vitamin D	46gms	Beef	Spinach	Monosaturated Fats
Apple	Vitamin C	Peas	52gms	Protein
Tomatoes	Water	FREE	8	Cheese
Chicken	Sweat	Eggs	Breakfast	Peanut Butter
Breakfast	9	Polysaturated Fats	carrots	BMI

B	I	N	G	O
Water	52gms	Spinach	Apple	Peas
Beef	carrots	Monosaturated Fats	9	Protein
Chicken	8	FREE	Cheese	46gms
Breakfast	Polysaturated Fats	Vitamin D	BMI	Sweat
Eggs	Peanut Butter	Tomatoes	Vitamin C	Breakfast

B	I	N	G	O
9	Polysaturated Fats	52gms	Peanut Butter	8
Vitamin D	Chicken	Eggs	Vitamin C	Monosaturated Fats
Tomatoes	BMI	FREE	Sweat	Breakfast
Water	Protein	Spinach	carrots	Beef
Cheese	46gms	Peas	Apple	Breakfast