B	I	N	G	O
Tofu	Almond	Brown rice	Oranges	Fish
Bread	Strawberry	Milk	Apples	Nuts
Steak	Whole wheat	**FREE**	Avacado	Cheese
Chicken	Seaweed	Cucumber	Celery	Grapes
Carrots Peas	Beans	Nuts	Whole wheat pasta	Broccolli

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B	I	N	G	O
Whole wheat	Apples	Oranges	Bread	Milk
Brown rice	Whole wheat pasta	Fish	Beans	Nuts
Chicken	Avacado	**FREE**	Cheese	Almond
Celery	Nuts	Tofu	Broccolli	Seaweed
Cucumber	Grapes	Steak	Strawberry	Carrots Peas

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B	I	N	G	O
Beans	Nuts	Apples	Grapes	Avacado
Tofu	Chicken	Cucumber	Strawberry	Fish
Steak	Broccolli	**FREE**	Seaweed	Celery
Whole wheat	Nuts	Oranges	Whole wheat pasta	Brown rice
Cheese	Almond	Milk	Bread	Carrots Peas

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