

B	I	N	G	O
turkey	almonds	4 calories per gram of protein	edamam e	powder
lentils	cashews	tofu	peanuts	aminal based proteins
soy beans	veal	FREE	beans	flaxseed
sunflower seeds	healing	repairs body cells	infection	plant based proteins
pork	feel fuller	eggs	omega-3 fatty acids	egg substitute

B	I	N	G	O
beef	builds body strength	peanut butter	lentils	lamb
beans	sunflower seeds	protein bars	flaxseed	greek yogurt
tofu	aminal based proteins	FREE	veal	almonds
peanuts	powder	omega-3 fatty acids	healing	catfish
edamam e	plant based proteins	pork	pecans	salmon

B	I	N	G	O
beef	builds muscles	plant based proteins	lentils	cashews
pork	omega-3 fatty acids	almonds	flaxseed	4 calories per gram of protein
lamb	peanut butter	FREE	turkey	builds body strength
white fish	walnuts	catfish	beans	protein bars
peanuts	deck of cards	veal	aminal based proteins	powder