

B	I	N	G	O
Tomatoes	Bread	Eggs	Sour Cream	Nuts
Cucumber	Take a walk	Potatoes	Broccoli	Rice
Strawberry	Vegetables	FREE	Cheese	Kiwi
Low Sodium	Steak	Nutrients	Gatorade	Popcorn
Fish	Chicken	Protein	Yogurt	Dairy

B	I	N	G	O
Vegetables	Broccoli	Sour Cream	Cucumber	Potatoes
Eggs	Yogurt	Nuts	Chicken	Rice
Low Sodium	Cheese	FREE	Kiwi	Bread
Gatorade	Protein	Tomatoes	Dairy	Steak
Nutrients	Popcorn	Strawberry	Take a walk	Fish

B	I	N	G	O
Chicken	Protein	Broccoli	Popcorn	Cheese
Tomatoes	Low Sodium	Nutrients	Take a walk	Nuts
Strawberry	Dairy	FREE	Steak	Gatorade
Vegetables	Rice	Sour Cream	Yogurt	Eggs
Kiwi	Bread	Potatoes	Cucumber	Fish