

B	I	N	G	O
turkey	beans	eggs	stay healthy	peas
chicken	tuna	salmon	beef	tofu
variety	blood	FREE	quail	lamb
catfish	muscles	strength	nuts	seeds
tilapia	fish	energy	pork	bones

B	I	N	G	O
quail	peas	blood	tofu	bones
strength	lamb	muscles	tuna	beef
variety	stay healthy	FREE	pork	chicken
eggs	salmon	tilapia	catfish	seeds
beans	turkey	veal	egg whites	energy

B	I	N	G	O
quail	chicken	seeds	egg whites	beef
beans	veal	eggs	variety	catfish
tuna	tilapia	FREE	nuts	stay healthy
bones	pork	muscles	lamb	blood
tofu	peas	energy	salmon	turkey