

B	I	N	G	O
tuna	Fish	cottage cheese	salmon	nuts
beef	tofu	protein bars	almonds	quail
stay healthy	turkey	FREE	balance	lamb
beans	milk	satiety	muscle mass	sirloin
ground turkey	pork	eggs	balance	protein powder

B	I	N	G	O
turkey	satiety	quail	protein powder	sirloin
balance	beans	nuts	beef	pork
almonds	healing	FREE	Fish	muscle mass
tuna	balance	yogurt	salmon	protein bars
cottage cheese	lamb	milk	ground turkey	tofu

B	I	N	G	O
beef	sirloin	milk	salmon	Fish
turkey	quail	cottage cheese	beans	pork
lamb	healing	FREE	balance	almonds
balance	stay healthy	nuts	eggs	protein powder
tofu	tuna	muscle mass	ground turkey	chicken