

B	I	N	G	O
tofu	beans	cow's milk	quinoa	hamburger
chicken	tempeh	peanut butter	beef	pumpkin seeds
soy milk	turkey	FREE	canned tuna	fish
ground beef	shrimp	ham	eggs	nuts
egg beaters	cheese	pork loin	yogurt	cottage cheese

B	I	N	G	O
turkey	beef	quinoa	chicken	peanut butter
cow's milk	yogurt	hamburger	cheese	pumpkin seeds
ground beef	canned tuna	FREE	fish	beans
eggs	pork loin	tofu	cottage cheese	shrimp
ham	nuts	soy milk	tempeh	egg beaters

B	I	N	G	O
cheese	pork loin	beef	nuts	canned tuna
tofu	ground beef	ham	tempeh	hamburger
soy milk	cottage cheese	FREE	shrimp	eggs
turkey	pumpkin seeds	quinoa	yogurt	cow's milk
fish	beans	peanut butter	chicken	egg beaters