

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

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

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