

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

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

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