

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

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

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