B	I	N	G	O
tilapia	almond butter	cottage cheese	salmon	pumpkin seeds
cheese	tempeh	quinoa	beef	salami
steak	venison	**FREE**	canned tuna	hamburger
lentils	shrimp	peanuts	eggs	quail
cow's milk	cashews	refried beans	yogurt	chicken

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B	I	N	G	O
venison	beef	salmon	cheese	quinoa
cottage cheese	yogurt	pumpkin seeds	cashews	salami
lentils	canned tuna	**FREE**	hamburger	almond butter
eggs	refried beans	tilapia	chicken	shrimp
peanuts	quail	steak	tempeh	cow's milk

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B	I	N	G	O
cashews	refried beans	beef	quail	canned tuna
tilapia	lentils	peanuts	tempeh	pumpkin seeds
steak	chicken	**FREE**	shrimp	eggs
venison	salami	salmon	yogurt	cottage cheese
hamburger	almond butter	quinoa	cheese	cow's milk

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