

B	I	N	G	O
Tuna Salad	Albumin Goal: 4.0	Eggs	Salmon	Pork Loin
Egg Salad	Tuna	Protein Shakes	Beef	Protein powder
Tilapia	Turkey	FREE	Chicken	Ground Turkey
Hamburger	Steak	Lamb	Ground Beef	Porkchops
Fish	Chicken Salad	Protein bars	Veal	Egg substitute

B	I	N	G	O
Turkey	Beef	Salmon	Egg Salad	Protein Shakes
Eggs	Veal	Pork Loin	Chicken Salad	Protein powder
Hamburger	Chicken	FREE	Ground Turkey	Albumin Goal: 4.0
Ground Beef	Protein bars	Tuna Salad	Egg substitute	Steak
Lamb	Porkchops	Tilapia	Tuna	Fish

B	I	N	G	O
Chicken Salad	Protein bars	Beef	Porkchops	Chicken
Tuna Salad	Hamburger	Lamb	Tuna	Pork Loin
Tilapia	Egg substitute	FREE	Steak	Ground Beef
Turkey	Protein powder	Salmon	Veal	Eggs
Ground Turkey	Albumin Goal: 4.0	Protein Shakes	Egg Salad	Fish