

B	I	N	G	O
Tuna	Advocados	Chicken breast	Romaine lettuce	Kidney beans
Cashews	Spinach	Oats	Almonds	Pistachios
Salmon	Turkey breast	FREE	Asparagus	Eggs
Green Peas	Salmon	Hummus	Cottage cheese	Milk
Chickpeas	Black beans	Peanut butter	Yogurt	Chia seeds

B	I	N	G	O
Turkey breast	Almonds	Romaine lettuce	Cashews	Oats
Chicken breast	Yogurt	Kidney beans	Black beans	Pistachios
Green Peas	Asparagus	FREE	Eggs	Advocados
Cottage cheese	Peanut butter	Tuna	Chia seeds	Salmon
Hummus	Milk	Salmon	Spinach	Chickpeas

B	I	N	G	O
Black beans	Peanut butter	Almonds	Milk	Asparagus
Tuna	Green Peas	Hummus	Spinach	Kidney beans
Salmon	Chia seeds	FREE	Salmon	Cottage cheese
Turkey breast	Pistachios	Romaine lettuce	Yogurt	Chicken breast
Eggs	Advocados	Oats	Cashews	Chickpeas