

B	I	N	G	O
Tomatoes	Asparagus	Carrots	Olive Oil	Kale
Broccoli	Quinoa	Meat	Avocados	Potatoes
Beans	Fish	FREE	Garlic	Peas
Green Beans	Oats	Corn	Lean Beef	Chicken
Bell Peppers	Bread	Legumes	Brown Rice	Milk

B	I	N	G	O
Tuna	Oranges	Oats	Meat	Peas
Bell Peppers	Bread	Milk	Lean Beef	Broccoli
Legumes	Avocados	FREE	Fish	Asparagus
Kale	Tomatoes	Yogurt	Brown Rice	Beans
Olive Oil	Butter	Garlic	Carrots	Corn

B	I	N	G	O
Legumes	Broccoli	Oats	Milk	Butter
Avocados	Yogurt	Carrots	Tuna	Sweet Potatoes
Brown Rice	Peas	FREE	Green Beans	Olive Oil
Asparagus	Bread	Lean Beef	Garlic	Eggs
Tomatoes	Beans	Potatoes	Bell Peppers	Quinoa