

B	I	N	G	O
Tofu	Almonds	Chicken	Pork	Mushrooms
Broccoli	Sunflower Seeds	Oatmeal	Avocado	Peas
Shellfish	Turkey	FREE	Beans	Fish
Lentils	Pumpkin seeds	Milk	Eggs	Nuts
Cottage Cheese	Beef	Peanut Butter	Walnuts	Cheese

B	I	N	G	O
Turkey	Avocado	Pork	Broccoli	Oatmeal
Chicken	Walnuts	Mushrooms	Beef	Peas
Lentils	Beans	FREE	Fish	Almonds
Eggs	Peanut Butter	Tofu	Cheese	Pumpkin seeds
Milk	Nuts	Shellfish	Sunflower Seeds	Cottage Cheese

B	I	N	G	O
Beef	Peanut Butter	Avocado	Nuts	Beans
Tofu	Lentils	Milk	Sunflower Seeds	Mushrooms
Shellfish	Cheese	FREE	Pumpkin seeds	Eggs
Turkey	Peas	Pork	Walnuts	Chicken
Fish	Almonds	Oatmeal	Broccoli	Cottage Cheese