

B	I	N	G	O
tofu	Fish	catfish	peanut butter	greek yogurt
beans	salmon	lunch meat	Milk	nuts
protein bars	tuna	FREE	Milk powder	cottage cheese
egg substitute	pork	eggs	chickpeas	lamb
chicken	Soy	mac & cheese	turkey	beef

B	I	N	G	O
tuna	Milk	peanut butter	beans	lunch meat
catfish	turkey	greek yogurt	Soy	nuts
egg substitute	Milk powder	FREE	cottage cheese	Fish
chickpeas	mac & cheese	tofu	beef	pork
eggs	lamb	protein bars	salmon	chicken

B	I	N	G	O
Soy	mac & cheese	Milk	lamb	Milk powder
tofu	egg substitute	eggs	salmon	greek yogurt
protein bars	beef	FREE	pork	chickpeas
tuna	nuts	peanut butter	turkey	catfish
cottage cheese	Fish	lunch meat	beans	chicken