

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

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

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