

|          |          |             |                 |          |
|----------|----------|-------------|-----------------|----------|
| <b>B</b> | <b>I</b> | <b>N</b>    | <b>G</b>        | <b>O</b> |
| turkey   | beans    | eggs        | stay<br>healthy | peas     |
| chicken  | tuna     | salmon      | beef            | tofu     |
| variety  | blood    | <b>FREE</b> | quail           | lamb     |
| catfish  | muscles  | strength    | nuts            | seeds    |
| tilapia  | fish     | energy      | pork            | bones    |

|          |                 |             |               |          |
|----------|-----------------|-------------|---------------|----------|
| <b>B</b> | <b>I</b>        | <b>N</b>    | <b>G</b>      | <b>O</b> |
| quail    | peas            | blood       | tofu          | bones    |
| strength | lamb            | muscles     | tuna          | beef     |
| variety  | stay<br>healthy | <b>FREE</b> | pork          | chicken  |
| eggs     | salmon          | tilapia     | catfish       | seeds    |
| beans    | turkey          | veal        | egg<br>whites | energy   |

| <b>B</b> | <b>I</b> | <b>N</b>    | <b>G</b>   | <b>O</b>     |
|----------|----------|-------------|------------|--------------|
| quail    | chicken  | seeds       | egg whites | beef         |
| beans    | veal     | eggs        | variety    | catfish      |
| tuna     | tilapia  | <b>FREE</b> | nuts       | stay healthy |
| bones    | pork     | muscles     | lamb       | blood        |
| tofu     | peas     | energy      | salmon     | turkey       |