

B	I	N	G	O
tomato	almonds	broccoli	salmon	kidney beans
black beans	sweet potato	orange	apple	red wine
spinach	tuna	FREE	asparagus	carrot
dark chocolate	soy milk	flaxseed	cantaloupe	oatmeal
brown rice	bell peppers	papaya	walnuts	blueberries

B	I	N	G	O
tuna	apple	salmon	black beans	orange
broccoli	walnuts	kidney beans	bell peppers	red wine
dark chocolate	asparagus	FREE	carrot	almonds
cantaloupe	papaya	tomato	blueberries	soy milk
flaxseed	oatmeal	spinach	sweet potato	brown rice

B	I	N	G	O
bell peppers	papaya	apple	oatmeal	asparagus
tomato	dark chocolate	flaxseed	sweet potato	kidney beans
spinach	blueberries	FREE	soy milk	cantaloupe
tuna	red wine	salmon	walnuts	broccoli
carrot	almonds	orange	black beans	brown rice