



Protein Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get all four corners
- First to get two diagonal lines through the middle (an "X")
- First to get a "blackout" (all squares)

Guest Instructions:

- Check off events on your card as they occur
- If you complete a goal, shout "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 25 events:

4.0 higher, Fish, beef, binders, catfish, chicken, egg substitute, eggs, fatigue, healing, hospitalization, infection, lamb, muscle mass, pork, powder, protein bars, quail, salmon, stay healthy, tofu, tuna, turkey, veal, weak.



Protein Bingo Call Sheet

This is a randomized list of all 25 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



egg substitute	muscle mass	catfish	hospitalization	weak
healing	tuna	Fish	tofu	salmon
pork	stay healthy	protein bars	infection	lamb
chicken	turkey	powder	eggs	binders
4.0 higher	beef	veal	fatigue	quail

B	I	N	G	O
quail	Fish	pork	hospitalization	tofu
weak	4.0 higher	muscle mass	binders	catfish
egg substitute	turkey	FREE	powder	veal
infection	protein bars	stay healthy	lamb	chicken
fatigue	eggs	beef	salmon	healing

This bingo card was created randomly from a total of 25 events.

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B	I	N	G	O
tofu	pork	infection	weak	powder
healing	binders	fatigue	protein bars	chicken
hospitalization	veal	FREE	beef	eggs
turkey	lamb	4.0 higher	quail	tuna
muscle mass	catfish	salmon	Fish	egg substitute

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