



# 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:



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