

Name: _____

Date: _____

Albumin

E X E R O A W W W M V T I W H A N M L Y T D A H
P Q F N R P S I M J D J Z B T Q Y C B L H M N A
K O J V Q E C Z I T C Y Q U S I U V E K W B R K
O Y N K V T D N L X X X T V A F K G E P H N O E
B I S I O Q D H E L Y B D F O Q U K F Y P J V G
W V A I G Z L A P K C Y O U R X N R A Y O E V H
P G G H T P V M T T C Q U G T C F R L D R G Q S
H I W S D H E B W Y S I A T O L Q H S C K B R Z
E P J W I W O U U Z I L H C P A V I Z Q C J T O
Q K N E L X S R R H B A Y C M B V D M B H U U R
T T F J H H S G F G A K H I X F B G V I O S R F
L R R A R B X E H K N M V F O O A B E N P M K G
Y V V I S W M R A W C T W T O H A N U T O D E J
V H M Q N J X E K W U F U S E P S L I W Z D Y H
J P U W E B T K L L A N T Z M O Q I N P Z P U S
E Z P B X S Z K E E R U E J L V L I F D I N C G
L D E H P R O T E I N S U P P L E M E N T X N G
R Y F X R Z A K V Z M O Z L Q H X P P G D N D E
H H B C Q O F J E F D A K M G Q M A R U S L X B
B G D I C F L Z Z C S J C B I T U I P O G F T I
V K D H N R W O E L P L D I P L R L V T T Q C N
D S U N P D J W B E A K O N U C K H R F Z E O W
T K L L N W R S G P C K B K U J P T P Q G F I E
L N E K T M O M N P Y M Y R Z L O P G H P P H N

protein supplement
porkchop
turkey
steak
tuna
ham

hamburger
chicken
shrimp
milk
fish

pot roast
protein
boost
beef
eggs