

Name: _____

Date: _____

GOOD PROTEIN

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

brusselssprouts

greek yogurt

peanuts

almonds

tuna

cottage cheese

leanbeef

lentils

shrimp

eggs

pumpkinseeds

broccoli

chicken

quinoa