

PROTEIN FOODS

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

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|-------------|------------|------------|------------|-----------|
| cauliflower | pistachios | artichokes | blackbeans | asparagus |
| broccoli | halibut | avocado | pumpkin | walnuts |
| cashews | almonds | peanuts | legumes | chicken |
| poultry | bokchoy | yogurt | turkey | salmon |
| beans | milk | pork | peas | tuna |
| beef | corn | nuts | eggs | meat |