

Protein

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

cottagecheese

chicken

almonds

salmon

turkey

quinoa

tuna

milk

oats

eggs