

Name: _____

Date: _____

Protein-bulking Up

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

macronutrients

supplements

amino acid

metabolism

bulking

protein

casein

enzyme

muscle

whey