

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# protein

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

cottage cheese

lean beef

seafood

quinoa

milk

chicken breast

mushrooms

spinach

yogurt

oats

pork loin

broccoli

almonds

rice

eggs