|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Meat and Alternatives

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

   minerals       lentils       lean       muscle       nutrition       healthy       tofu       beans       eggs       veal       fish       beef       turkey       chicken       steak       pork       protien       meat