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

Protein

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

   beef       lentils       walnuts       pistachios       soy       seeds       peanut       cashew       almonds       eggs       tofu       legumes       poultry       beans       nuts       fish       protein