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

Protein! Cheap! Cheap!

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

   Whole Eggs       Canned Tuna       Ground Turkey       Ground Beef       Whole Chicken       Chuck Roast       Chicken Thigh       Turkey Leg       Wild Fish       Wild Game       Cottage Cheese       Greek Yogurt       Powdered Whey       Buy in Bulk       Use Store Brands       Plan Weekly Menu       Use Coupons       Sale Ads