

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

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

# Meat Alternatives

F Z O G M O L A S S E S N X C M B  
M V I T A M I N C I C M 1 H 1 R A  
W A E T O F U 3 N U T S 1 S U N K  
A V E Y S 3 O M E G A 3 P P N M E  
V I N T I C U A K Y Y V E I 1 1 D  
U E V W N A W P Z I N C A N T P B  
V V I 3 N V M Y O V K L N A R W E  
E I R H E A L T H Y E E U C A O A  
G T O Z K 1 N R P O H G T H I F N  
E A N A M W E W R 1 K U B Z L L S  
T M M V 3 O G A O S V M U S M A N  
A I E W N P G L T Y A E T 2 I X W  
R N N I V I S N E E W S T E X S L  
I B T S F R X U I V C 2 E X A E Z  
A 1 Y Z B O O T N 3 R T R 1 X E F  
N 2 Y B R N B S R C E Z A 1 Z D D  
S M U P 1 O B E A N S E E D S S V

Peanut Butter  
Vegetarian  
Molasses  
Spinach  
Beans  
Zinc

Baked Beans  
Trail Mix  
Omega 3  
Legumes  
Eggs  
Iron

Environment  
Flaxseeds  
Healthy  
Protein  
Nuts

Vitamin B12  
Vitamin C  
Walnuts  
Seeds  
Tofu