

Name: _____

Date: _____

Protein! Cheap! Cheap!

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

Use Store Brands
Ground Turkey
Powdered Whey
Ground Beef
Use Coupons
Wild Fish

Plan Weekly Menu
Whole Chicken
Greek Yogurt
Chuck Roast
Whole Eggs
Wild Game

Cottage Cheese
Chicken Thigh
Canned Tuna
Buy in Bulk
Turkey Leg
Sale Ads