

Name: _____

Date: _____

Protein Foods

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

- | | | | |
|--------------|-----------|-----------|----------|
| grasshoppers | mealworms | chickpeas | crickets |
| lentils | Edamame | quinoa | seeds |
| quorn | beans | nuts | tofu |
| fish | lamb | pork | beef |