

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

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

# Protein & Protein Alternatives

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

Complementation

Lentils

Cheese

Quorn

High

Nuts

Biological

Protein

Beans

Eggs

Meat

Low

Vegetarian

Animal

Plant

Fish

Milk