

Name: _____

Date: _____

Protein! Cheap! Cheap!

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

Powered Whey Protein
Cottage Cheese
Greek Yogurt
Turkey Legs
Canned Tuna
Wild Game

Buy Store Brands
Whole Chicken
Buy in Bulk
Chuck Roast
Whole Eggs

Plan Weekly Menu
Ground Turkey
Use Coupons
Ground beef
Wild Fish