

Protein Foods

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

- SAUSAGE
- CRAB
- ALMONDS
- BACON
- GROUND BEEF
- SHRIMP
- EGGS
- TUNA
- SOYBEANS
- SALMON
- PEPPERONI
- PORK
- CASHEWS
- WALNUT
- TOFU
- BLACK BEANS
- TURKEY
- STEAK
- CHICKPEAS
- FISH
- CHICKEN
- LOBSTER

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