

Vegan protein by Fitalicious Nutritior

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

BROCCOLI
 CASHEWS
 BEANS
 WALNUTS
 QUINOA
 KALE
 CHIA
 BUCKWHEAT
 ALMONDS
 SPINACH
 LINSEEDS
 OATS
 LENTILS
 CHICKPEAS
 ASPARAGUS
 RICE
 TOFU

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