

High Protein Bingo

myfreebingocards.com

Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/cy5z7t

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/fag> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/cy5z7t

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/cy5z7t

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Low Sodium Beans	Unsalted Nuts	Pure Protein Bars	Zone Protein Bars	Nepro Protein Shake	High Protein Oatmeal	Chicken Breast
Hard Boiled Egg	Canned Tuna	Deviled Eggs	Shrimp	Peanut Butter	Salmon	Rotisserie Chicken
Steak	Hamburger	Greek Yogurt	Pure Protein Powder	Quest Protein Bar	Scrambled Eggs	Grilled Pork Chop
Pot Roast	Venison/Deer Meat	Turkey	Lamb/Veal	Lobster	Crab Meat	Low sodium BBQ
Chicken or Steak Kebob	Scallops	Liquicel Protein Drink	Egg Whites	Tofu	Low Sodium Deli Meat	Omelet
High Protein Almond Milk						

High Protein Bingo

Nepro Protein Shake	Chicken or Steak Kebob	Salmon	Steak	Egg Whites
Lamb/Veal	Low Sodium Beans	Scallops	High Protein Almond Milk	Shrimp
Lobster	Low Sodium Deli Meat	FREE SPACE	Omelet	Deviled Eggs
Peanut Butter	Scrambled Eggs	Pure Protein Bars	Greek Yogurt	Chicken Breast
Hamburger	Pure Protein Powder	Zone Protein Bars	Quest Protein Bar	Rotisserie Chicken

High Protein Bingo

Omelet	Liquicel Protein Drink	Rotisserie Chicken	Low Sodium Deli Meat	Tofu
Nepro Protein Shake	Hamburger	High Protein Almond Milk	Greek Yogurt	Scallops
Venison/Deer Meat	Low sodium BBQ	FREE SPACE	Unsalted Nuts	Peanut Butter
Egg Whites	Pure Protein Powder	Shrimp	Salmon	Turkey
Crab Meat	Hard Boiled Egg	Scrambled Eggs	Chicken Breast	High Protein Oatmeal

High Protein Bingo

Lobster	Omelet	Scrambled Eggs	Low sodium BBQ	Steak
Shrimp	Hard Boiled Egg	Scallops	High Protein Oatmeal	Unsalted Nuts
Salmon	Rotisserie Chicken	FREE SPACE	Pot Roast	Egg Whites
Pure Protein Bars	Liquicel Protein Drink	Quest Protein Bar	Greek Yogurt	Chicken or Steak Kebob
Chicken Breast	Nepro Protein Shake	Low Sodium Deli Meat	Grilled Pork Chop	Canned Tuna

High Protein Bingo

Pure Protein Bars	Turkey	Scrambled Eggs	Peanut Butter	Lamb/Veal
Liquicel Protein Drink	Deviled Eggs	Scallops	Rotisserie Chicken	Chicken Breast
Lobster	Low Sodium Beans	FREE SPACE	Tofu	Pure Protein Powder
Unsalted Nuts	Greek Yogurt	Quest Protein Bar	Low sodium BBQ	Omelet
Venison/Deer Meat	Nepro Protein Shake	Shrimp	Zone Protein Bars	Crab Meat

High Protein Bingo

Lamb/Veal	Deviled Eggs	Pure Protein Bars	Canned Tuna	Venison/Deer Meat
Scallops	Greek Yogurt	Shrimp	Zone Protein Bars	Omelet
Hamburger	Low Sodium Deli Meat	FREE SPACE	Chicken Breast	Pot Roast
Chicken or Steak Kebob	Quest Protein Bar	High Protein Oatmeal	Turkey	High Protein Almond Milk
Pure Protein Powder	Egg Whites	Crab Meat	Hard Boiled Egg	Lobster

High Protein Bingo

Zone Protein Bars	Lamb/Veal	Chicken or Steak Kebob	Scrambled Eggs	Tofu
Nepro Protein Shake	Crab Meat	Steak	Quest Protein Bar	Egg Whites
Greek Yogurt	Low Sodium Deli Meat	FREE SPACE	Shrimp	Liquicel Protein Drink
Omelet	Lobster	Canned Tuna	Unsalted Nuts	Low sodium BBQ
Low Sodium Beans	High Protein Oatmeal	Scallops	Rotisserie Chicken	Turkey

High Protein Bingo

Crab Meat	Pure Protein Powder	Low Sodium Beans	Peanut Butter	Quest Protein Bar
Scrambled Eggs	Shrimp	Zone Protein Bars	Turkey	Unsalted Nuts
Grilled Pork Chop	Omelet	FREE SPACE	Low Sodium Deli Meat	Steak
Salmon	Egg Whites	High Protein Oatmeal	Lobster	Low sodium BBQ
Chicken Breast	High Protein Almond Milk	Greek Yogurt	Rotisserie Chicken	Lamb/Veal

High Protein Bingo

Nepro Protein Shake	Pure Protein Powder	Hamburger	Steak	High Protein Almond Milk
Unsalted Nuts	Canned Tuna	Crab Meat	Chicken Breast	Pure Protein Bars
Tofu	Scallops	FREE SPACE	Lamb/Veal	Rotisserie Chicken
Deviled Eggs	Zone Protein Bars	Scrambled Eggs	Low sodium BBQ	Omelet
Lobster	Chicken or Steak Kebob	Salmon	Quest Protein Bar	Pot Roast

High Protein Bingo

Hamburger	Tofu	Venison/Deer Meat	Rotisserie Chicken	Zone Protein Bars
Steak	Hard Boiled Egg	Liquicel Protein Drink	Chicken Breast	Scallops
Peanut Butter	Deviled Eggs	FREE SPACE	Egg Whites	High Protein Oatmeal
Lamb/Veal	Unsalted Nuts	Nepro Protein Shake	Low sodium BBQ	Lobster
Pure Protein Powder	Turkey	Greek Yogurt	Salmon	Low Sodium Deli Meat

High Protein Bingo

Peanut Butter	Pure Protein Bars	Venison/Deer Meat	Low Sodium Beans	Chicken or Steak Kebob
Crab Meat	Unsalted Nuts	Scrambled Eggs	Low Sodium Deli Meat	Rotisserie Chicken
Grilled Pork Chop	Greek Yogurt	FREE SPACE	Scallops	Chicken Breast
Liquicel Protein Drink	Salmon	Canned Tuna	Quest Protein Bar	Nepro Protein Shake
Omelet	Hard Boiled Egg	Pure Protein Powder	Lamb/Veal	High Protein Oatmeal

High Protein Bingo

Chicken or Steak Kebab	Pot Roast	Tofu	Steak	Venison/Deer Meat
Nepro Protein Shake	Chicken Breast	Egg Whites	Unsalted Nuts	Lobster
Scrambled Eggs	Hamburger	FREE SPACE	Omelet	Liquicel Protein Drink
Lamb/Veal	Grilled Pork Chop	Shrimp	Low Sodium Beans	High Protein Oatmeal
Pure Protein Powder	Quest Protein Bar	Low Sodium Deli Meat	Low sodium BBQ	Peanut Butter

High Protein Bingo

Low Sodium Deli Meat	Lobster	Grilled Pork Chop	Hard Boiled Egg	Chicken or Steak Kebob
Liquicel Protein Drink	Greek Yogurt	Scallops	High Protein Almond Milk	Zone Protein Bars
Steak	High Protein Oatmeal	FREE SPACE	Egg Whites	Pot Roast
Chicken Breast	Omelet	Quest Protein Bar	Pure Protein Powder	Tofu
Turkey	Scrambled Eggs	Unsalted Nuts	Lamb/Veal	Venison/Deer Meat

High Protein Bingo

Omelet	Deviled Eggs	Hamburger	Hard Boiled Egg	Quest Protein Bar
Liquicel Protein Drink	Zone Protein Bars	Crab Meat	Egg Whites	Steak
Rotisserie Chicken	Pure Protein Powder	FREE SPACE	Lobster	Tofu
Peanut Butter	Nepro Protein Shake	Low Sodium Deli Meat	Greek Yogurt	Grilled Pork Chop
Turkey	Canned Tuna	Low Sodium Beans	Chicken Breast	Pure Protein Bars

High Protein Bingo

Hard Boiled Egg	Quest Protein Bar	Deviled Eggs	Scrambled Eggs	High Protein Oatmeal
Tofu	Omelet	Liquicel Protein Drink	Crab Meat	Venison/Deer Meat
Low sodium BBQ	High Protein Almond Milk	FREE SPACE	Lobster	Unsalted Nuts
Greek Yogurt	Salmon	Pot Roast	Canned Tuna	Lamb/Veal
Low Sodium Deli Meat	Low Sodium Beans	Chicken Breast	Pure Protein Bars	Egg Whites

High Protein Bingo

Grilled Pork Chop	Unsalted Nuts	Hamburger	Lamb/Veal	Low Sodium Deli Meat
Low sodium BBQ	Chicken or Steak Kebob	Pure Protein Bars	Liquicel Protein Drink	Egg Whites
Chicken Breast	Scrambled Eggs	FREE SPACE	Lobster	Turkey
Deviled Eggs	Peanut Butter	Scallops	Omelet	Nepro Protein Shake
Steak	High Protein Almond Milk	Quest Protein Bar	Shrimp	Greek Yogurt

High Protein Bingo

Chicken Breast	Lobster	High Protein Oatmeal	Pure Protein Powder	Greek Yogurt
Rotisserie Chicken	Pot Roast	Venison/Deer Meat	Pure Protein Bars	Omelet
Shrimp	Scrambled Eggs	FREE SPACE	Quest Protein Bar	Salmon
Liquicel Protein Drink	Turkey	Low Sodium Beans	Low sodium BBQ	Canned Tuna
Lamb/Veal	Nepro Protein Shake	Low Sodium Deli Meat	Hard Boiled Egg	Zone Protein Bars

High Protein Bingo

Venison/Deer Meat	Lobster	Turkey	Lamb/Veal	Quest Protein Bar
Deviled Eggs	Egg Whites	Pure Protein Powder	Steak	Tofu
Chicken or Steak Kebob	Grilled Pork Chop	FREE SPACE	Peanut Butter	Hamburger
Hard Boiled Egg	Canned Tuna	Scrambled Eggs	Liquicel Protein Drink	High Protein Almond Milk
Low Sodium Deli Meat	High Protein Oatmeal	Crab Meat	Rotisserie Chicken	Salmon

High Protein Bingo

Chicken or Steak Kebab	High Protein Oatmeal	Canned Tuna	Zone Protein Bars	Deviled Eggs
Liquicel Protein Drink	Omelet	Tofu	Lobster	Nepro Protein Shake
Low Sodium Beans	Low sodium BBQ	FREE SPACE	Lamb/Veal	Unsalted Nuts
Pure Protein Bars	High Protein Almond Milk	Turkey	Peanut Butter	Hamburger
Hard Boiled Egg	Rotisserie Chicken	Greek Yogurt	Salmon	Steak

High Protein Bingo

Greek Yogurt	Rotisserie Chicken	High Protein Almond Milk	Quest Protein Bar	Crab Meat
Hard Boiled Egg	High Protein Oatmeal	Hamburger	Deviled Eggs	Scrambled Eggs
Turkey	Tofu	FREE SPACE	Low Sodium Beans	Liquicel Protein Drink
Venison/Deer Meat	Low sodium BBQ	Salmon	Pure Protein Powder	Nepro Protein Shake
Low Sodium Deli Meat	Peanut Butter	Egg Whites	Grilled Pork Chop	Chicken Breast

High Protein Bingo

Greek Yogurt	Liquicel Protein Drink	Peanut Butter	Shrimp	Lobster
Canned Tuna	Low Sodium Deli Meat	Low Sodium Beans	Grilled Pork Chop	Scallops
Quest Protein Bar	Lamb/Veal	FREE SPACE	Chicken or Steak Kebob	Unsalted Nuts
Steak	Salmon	Pot Roast	Zone Protein Bars	Hamburger
High Protein Oatmeal	High Protein Almond Milk	Omelet	Tofu	Pure Protein Bars

High Protein Bingo

Scrambled Eggs	Peanut Butter	Low Sodium Beans	Grilled Pork Chop	Lobster
Turkey	Low sodium BBQ	Nepro Protein Shake	Pure Protein Bars	Lamb/Veal
Deviled Eggs	Salmon	FREE SPACE	Chicken Breast	Rotisserie Chicken
Venison/Deer Meat	Unsalted Nuts	Egg Whites	Crab Meat	Hard Boiled Egg
Pure Protein Powder	Scallops	Quest Protein Bar	Tofu	Zone Protein Bars

High Protein Bingo

High Protein Oatmeal	Zone Protein Bars	Turkey	Canned Tuna	Deviled Eggs
Hard Boiled Egg	Lamb/Veal	Low Sodium Beans	Low Sodium Deli Meat	Chicken or Steak Kebob
Hamburger	Pure Protein Powder	FREE SPACE	Omelet	Chicken Breast
Rotisserie Chicken	Pot Roast	Nepro Protein Shake	High Protein Almond Milk	Scallops
Liquicel Protein Drink	Crab Meat	Shrimp	Scrambled Eggs	Peanut Butter

High Protein Bingo

High Protein Almond Milk	Hard Boiled Egg	Canned Tuna	Crab Meat	Low Sodium Deli Meat
Salmon	Venison/Deer Meat	Peanut Butter	Pure Protein Powder	Low sodium BBQ
Omelet	Pure Protein Bars	FREE SPACE	Hamburger	Shrimp
Steak	High Protein Oatmeal	Scrambled Eggs	Grilled Pork Chop	Greek Yogurt
Liquicel Protein Drink	Rotisserie Chicken	Turkey	Quest Protein Bar	Zone Protein Bars

High Protein Bingo

Pot Roast	Low sodium BBQ	Greek Yogurt	Chicken or Steak Kebab	Zone Protein Bars
Salmon	Low Sodium Beans	Lobster	High Protein Almond Milk	Shrimp
Turkey	Lamb/Veal	FREE SPACE	Quest Protein Bar	Pure Protein Bars
Liquicel Protein Drink	Grilled Pork Chop	Deviled Eggs	Hamburger	High Protein Oatmeal
Low Sodium Deli Meat	Venison/Deer Meat	Canned Tuna	Crab Meat	Rotisserie Chicken

High Protein Bingo

Turkey	Low sodium BBQ	Liquicel Protein Drink	Salmon	Pure Protein Bars
Unsalted Nuts	Deviled Eggs	Scrambled Eggs	Crab Meat	Hamburger
High Protein Oatmeal	Canned Tuna	FREE SPACE	Hard Boiled Egg	Scallops
Pure Protein Powder	Lobster	Shrimp	Rotisserie Chicken	High Protein Almond Milk
Steak	Tofu	Zone Protein Bars	Chicken or Steak Kebob	Peanut Butter

High Protein Bingo

Canned Tuna	Tofu	Grilled Pork Chop	Hard Boiled Egg	Omelet
Greek Yogurt	Chicken Breast	High Protein Oatmeal	Pure Protein Powder	Unsalted Nuts
Turkey	High Protein Almond Milk	FREE SPACE	Peanut Butter	Deviled Eggs
Rotisserie Chicken	Shrimp	Low Sodium Deli Meat	Zone Protein Bars	Crab Meat
Lamb/Veal	Low sodium BBQ	Low Sodium Beans	Pot Roast	Liquicel Protein Drink

High Protein Bingo

Lamb/Veal	Pure Protein Powder	Grilled Pork Chop	Salmon	Shrimp
Liquicel Protein Drink	Pure Protein Bars	Scrambled Eggs	Canned Tuna	Peanut Butter
Chicken Breast	Quest Protein Bar	FREE SPACE	Pot Roast	Scallops
Deviled Eggs	Low sodium BBQ	Turkey	High Protein Oatmeal	Crab Meat
Steak	Rotisserie Chicken	Tofu	Nepro Protein Shake	Zone Protein Bars

High Protein Bingo

High Protein Almond Milk	Nepro Protein Shake	Pure Protein Powder	Low Sodium Deli Meat	Venison/Deer Meat
Steak	Greek Yogurt	Salmon	Shrimp	Turkey
Rotisserie Chicken	Unsalted Nuts	FREE SPACE	Pure Protein Bars	Pot Roast
Peanut Butter	Canned Tuna	Zone Protein Bars	Scallops	Low sodium BBQ
Omelet	Lobster	Crab Meat	Chicken or Steak Kebob	Deviled Eggs

High Protein Bingo

High Protein Almond Milk	Shrimp	Chicken or Steak Kebob	Rotisserie Chicken	Unsalted Nuts
Pot Roast	Salmon	Scrambled Eggs	Canned Tuna	Steak
Grilled Pork Chop	Deviled Eggs	FREE SPACE	Chicken Breast	Venison/Deer Meat
High Protein Oatmeal	Crab Meat	Hamburger	Liquicel Protein Drink	Scallops
Lobster	Quest Protein Bar	Zone Protein Bars	Pure Protein Bars	Omelet

High Protein Bingo

Low Sodium Beans	Grilled Pork Chop	Chicken Breast	Greek Yogurt	Unsalted Nuts
Egg Whites	Salmon	Pure Protein Bars	Peanut Butter	Lobster
Zone Protein Bars	Pure Protein Powder	FREE SPACE	High Protein Almond Milk	Tofu
Scallops	Nepro Protein Shake	Liquicel Protein Drink	Lamb/Veal	Deviled Eggs
Venison/Deer Meat	Chicken or Steak Kebob	Scrambled Eggs	Turkey	High Protein Oatmeal