

Life Balance Bingo: Food

Yellow Fruit: banana, pears, pineapple, papaya.	High Fiber Cereal	16 oz. Water	Turkey	Yellow/White Vegetables: Corn, onions.
Green/White Fruit: grapefruit, honeydew melon, mango, grapes, kiwi.	Whole Grain Bread	16 oz. Water	Lean Beef	Green: broccoli, greens, spinach, cabbage, sprouts, peas, green beans, cucumber, avocado.
Orange Fruit: tangerine, orange, apricots, cantaloupe, peach, nectarine.	Pasta	FREE SPACE	Peanut Butter	Orange Vegetables: carrots, pumpkin, squash, sweet potatoes.
Red Fruit: watermelon, apples, red grapes.	Baked Potato	16 oz. Water	Fish	Red Vegetables: beets, red cabbage.
Berries: blueberries, strawberries, blackberries, cranberries.	Rice	16 oz. Water	Chicken	Beans: pinto, kidney, black beans, lentils, edamame, chickpeas, tofu.