

WEEK BINGO

HEALTHY FOOD

Check what you have done from the list!

[MamyKit.com](https://www.MamyKit.com)

Eat nuts	Don't eat processed	Eat vegetables	Eat white fish
Eat fruit instead of juice	Eat meat	Don't snack between meals	Eat blue fish
Eat protein	Don't eat industrial pastries	Don't consume sugar	Drink 2L of water a day
Drink infusion	5 meals a day	Whole grains	Don't consume sweeteners
Don't drink alcohol	Eat fruits	Don't drink soda	Eat 5 pieces of fruit