



Healthy Fat



BINGO

Can you get 5 in a row?



| | | | | |
|------------------|--------------------|-------------------|---------------------|------------------------------|
| OLIVES | RAW COCONUT | MACADEMIA NUTS | SARDINES | FLAXSEED |
| ALMOND BUTTER | SALMON | COCONUT OIL | GHEE | EXTRA VIRGIN OLIVE OIL |
| AVOCADO OIL | SUNFLOWER SEEDS | FREE | FULL-FAT YOGURT | TALLOW |
| PUMPKIN SEEDS | SOUR CREAM | WALNUTS | HEMP SEEDS | AVOCADO |
| FLAX OIL | EGGS | DUCK FAT | GRASS-FED BUTTER | COCONUT CREAM |

