

PROTEIN-RICH FOODS (Solution)

+ + + + S + N B + + + +
+ + + D + E + + E + + +
+ + E + K + + + + A + +
C E + C T R U G O Y N +
S H I + M I L K + + + S
+ H E + + + + + + S +
C + M E + + + + + T + +
+ A + + S + + + U Y + +
H + + + + E + N O + + +
+ + + + + + S + + + +
S G G E + + + + + + + +
+ + + + + + + + + + + +

(Over, Down, Direction)

BEANS(8 , 1 , SE)

CHEESE(1 , 4 , SE)

CHICKEN(1 , 7 , NE)

EGGS(4 , 11 , W)

HAM(1 , 9 , NE)

MILK(5 , 5 , E)

NUTS(8 , 9 , NE)

SEEDS(1 , 5 , NE)

SOY(8 , 10 , NE)

YOGURT(10 , 4 , W)



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