

PROTEIN-RICH FOODS (Solution)

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+ + + + 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 + + + + + + + +
+ + + + + + + + + + + +

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(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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