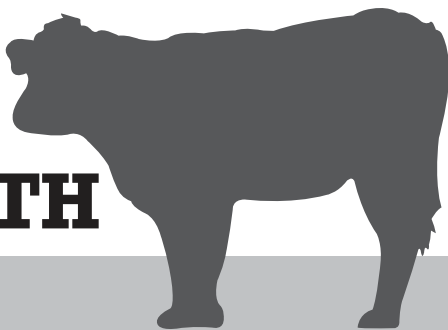


BEEF FOR STRENGTH



word search



M Z P R O T E I N P
E I F U Y B H A V U
X N A G I E A O D P
E C R J R E M Q Z V
R R M U O F B F I T
C U E M N L U W B T
I N R P X W R F L A
S S T R E N G T H C
E G S B N U E D I O
U P U B A S R U S S

hamburger

strength

exercise

farmer

tacos

beef

protein

jump

fit

iron

zinc

run

DID YOU KNOW?

Don't be left unsatisfied. A 3-oz serving of lean beef provides 25g (about half) of the daily value for protein, which is one of the most satisfying nutrients. Protein also helps you get your workout in! Exercise is more effective when paired with a higher-protein diet.