

BRAIN FOOD

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

SWEET POTATOES
PROBIOTICS
VITAMIN D
TURMERIC
SPINACH
LENTILS
GARLIC
EGGS

COTTAGE CHEESE
GREEN TEA
OLIVE OIL
BROCCOLI
ALMONDS
BERRIES
BEANS
FISH

RED PEPPERS
GOOD FATS
CINNAMON
BANANAS
WALNUTS
YOGURT
BEETS

ARTICHOKES
CHOCOLATE
AVOCADOS
CABBAGE
SEAFOOD
GINGER
OATS