

Clean Cooking!

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

CARBOHYDRATES
DELICIOUS
BROCCOLI
AVOCADO
BANANA
SUGARS
NUTS

TRYPTOPHAN
SEROTONIN
VITAMINS
PROTEIN
FRUITS
CARBS
HALT

VEGETABLES
NUTRITION
CHICKEN
TOMATO
HUNGRY
RICE
FATS