

Healthy Eating

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

Shitake Mushrooms
Sweet Potato
Lean Beef
Almonds
Walnuts
Tomato
Kale

Skinless Chicken
Blueberries
Lean Pork
Avocado
Apples
Turkey

Dark Chocolate
Watermelon
Broccoli
Spinach
Salmon
Yogurt