

# Jump Start Your Day

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

peanutbutter

tortilla

avocado

spinach

granola

oatmeal

waffle

yogurt

hummus

quinoa

banana

beans

bagel

kefir

salsa

tofu

ham

egg