

# GO FURTHER with FOOD! 2018

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

Chicken breast	Peanut butter	Eye of round	Pomegranate
Dried beans	Canola oil	Chia seeds	Olive oil
Egg white	Pork loin	Flaxseed	Walnuts
Berries	Avocado	Almonds	Tilapia
Salmon	Tofu		