

# Healthy Foods

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

CELERY  
 SMOOTHIE  
 SALMON  
 CHIA SEEDS  
 BEANS  
 VEGGIES  
 POPCORN  
 EGGS  
 LEAN MEAT  
 NUTS  
 PUMPKIN  
 KALE  
 APPLES  
 DATES  
 CARROTS  
 SPINACH  
 FRUITS  
 MATCHA  
 SQUASH  
 TEA

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