

HEALTHY FOOD

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

- BROWN RICE
- QUINOA
- BANANAS
- BLUEBERRIES
- SHELLFISH
- SALMON
- GREEN BEANS
- EGGS
- CHICKEN BREASTS
- ORANGES
- CAULIFLOWER
- ASPARAGUS
- TUNA
- KALE
- FRUITS
- AVOCADOS
- ALMONDS
- APPLES
- CARROTS

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