

HEALTHY HABITS

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

- TURKEY
- FRY
- PEANUTS
- GARLIC
- PRAWNS
- EXERCISE
- DIET
- SLICE
- CINNAMON
- ONION
- BOIL
- MIX
- BLEND
- CHOP
- AVOCADO

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