

FRUITS AND VEGGIES YOUR BODY WILL LOVE

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

TOMATOES PUMPKIN POTATOES ONIONS MUSTARD GREENS LEEKS KALE
COLLARD GREENS CAULIFLOWER CARROTS CABBAGE BUTTERNUT SQUASH BRUSSELS SPROUTS
BROCCOLI BOK CHOY BELL PEPPERS BEETS AVOCADO ASPARAGUS ARTICHOKE HEARTS
WATERMELON STRAWBERRIES RASPBERRIES RAISINS PRUNES POMEGRANATE PINEAPPLE
PEACHES PAPAYA ORANGES MANGOES LYCHEE LINGONBERRIES LIME LEMON KIWI
GRAPES GRAPEFRUIT CRANBERRIES CHERRIES CANTALOUPE BLUEBERRIES BLACKBERRIES
BANANAS APRICOTS APPLES