

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 J 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 I 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 | | |