

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
 LEEKS
 CABBAGE
 BELL PEPPERS
 WATERMELON
 POMEGRANATE
 MANGOES
 KIWI
 CANTALOUPE
 APPLES

PUMPKIN
 KALE
 BUTTERNUT SQUASH
 BEETS
 STRAWBERRIES
 PINEAPPLE
 LYCHEE
 GRAPES
 BLUEBERRIES

POTATOES
 COLLARD GREENS
 BRUSSELS SPROUTS
 AVOCADO
 RASPBERRIES
 PEACHES
 LINGONBERRIES
 GRAPEFRUIT
 BLACKBERRIES

ONIONS
 CAULIFLOWER
 BROCCOLI
 ASPARAGUS
 RAISINS
 PAPAYA
 LIME
 CRANBERRIES
 BANANAS

MUSTARD GREENS
 CARROTS
 BOK CHOY
 ARTICHOKE HEARTS
 PRUNES
 ORANGES
 LEMON
 CHERRIES
 APRICOTS