Clean Cooking!

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

   DELICIOUS       RICE       TOMATO       CHICKEN       TRYPTOPHAN       SEROTONIN       NUTS       NUTRITION       BROCCOLI       BANANA       AVOCADO       VITAMINS       PROTEIN       VEGETABLES       FRUITS       HUNGRY       HALT       CARBS       CARBOHYDRATES       SUGARS       FATS