Jump Start Your Day

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

   waffle       tofu       yogurt       hummus       beans       avocado       peanutbutter       tortilla       spinach       ham       granola       bagel       kefir       quinoa       egg       banana       salsa       oatmeal