|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Superfoods

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

   blueberries       Avocado       yogurt       walnuts       wild samon       tea       turkey       tomatoes       spinach       soy       pomegranates       pumpkin       oats       onions       oranges       kiwi       honey       garlic       extra virgin olive oil       dark chocolate       cinnamon       broccoli       beans       apple