



BALANCED BITES

WHOLE SOME FOODS

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

AVOCADO

BEEF

BROCCOLI

CHICKEN

TOMATO

PORK

SALMON

OLIVES

SALAD

POTATO

EGGS

GHEE

ZUCCHINI

LEMON

ONION