

Affordable Heart-Healthy Eating

GREENPEASAECSLERAWSPINACH
BOCEHTNONROCNEZORFLRASASE
ARISNUBLEYEFFNESRAPMRNAPS
BARAEERSOTAMOTDENNACNPNDN
YNNETRSGOTODEIRLOARELCESP
CGWEIPUEFAZSLBPORDNESSBN
AEOPGRNRAERASSAPPBGPGAARO
RSRNTYELRABDELRAEPPGTNEOR
RLBRPENREGULAROATMEALATCG
OENOMAI PNASOTENEMTOEONPCL
TYGIONAPOBASASWEETPOTATOS
SELBATEGEVDEXIMNEZORFBELT
SKLELOSMLLIAENAGAARALCAIS

APPLES
BROCCOLI
CANNED TOMATOS
FROZEN CORN ON THE COB
LENTILS
PEARS
SWEET POTATO

BABY CARROTS
BROWN RICE
EGGS
FROZEN MIXED VEGETABLES
ORANGES
RAW SPINACH
YOGURT

BANANAS
CANNED BEANS
FAT FREE MILK
GREEN PEAS
PEARLED BARLEY
REGULAR OATMEAL

Keep Your
Brain
Sharp!



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