

B	W	E	L	L
wheat bread	banana	cheese	pretzels	nuts
carrots	vegetable soup	peaches	beans	potatoes
salad	yogurt	Be Healthy	broccoli	ice cream
canola oil	lunch meat	raisins	milk	rice
eggs	oatmeal	chips	cake	pineapple

B	W	E	L	L
yogurt	raisins	potatoes	pineapple	rice
broccoli	canola oil	nuts	carrots	oatmeal
beans	fish	Be Healthy	banana	milk
wheat bread	cake	yogurt	pretzels	peaches
cheese	ice cream	lunch meat	eggs	vegetable soup

B	W	E	L	L
carrots	rice	lunch meat	pretzels	banana
yogurt	potatoes	cheese	canola oil	oatmeal
ice cream	fish	Be Healthy	broccoli	beans
cake	salad	nuts	chips	pineapple
vegetable soup	wheat bread	milk	eggs	cereal