

# A Balanced Life-Lista de Comidas

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

PLUM  
GRAPES  
APPLES  
ORANGE  
RAISINS  
OATMEAL  
AVOCADO  
MUSHROOM  
EGGPLANT  
STRAWBERRY  
GRAPEFRUIT

PEACH  
GRAINS  
SALMON  
SHRIMP  
CHICKEN  
ALMONDS  
BROCCOLI  
ZUCCHINI  
PROTEINS  
WATERMELON  
ALMOND MILK

GARLIC  
CEREAL  
FRUITS  
BERRIES  
WALNUTS  
CARROTS  
CUCUMBER  
POTATOES  
CORNBREAD  
VEGETABLES  
BELL PEPPERS

# Solution

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