

# Kevin's Puzzle of the Week

## Balanced Diet

*What's on My Plate? It's a little bit of everything, but no sweets until I finish my meal!*

Rice  
Lemon  
Banana  
Asparagus  
Potato  
Daikon  
Salmon  
Kale  
Apricot  
Bagel  
Spaghetti  
Beef  
Durum Wheat  
Rocky Mountain Oysters  
Leek  
Nectarine  
Orange  
Tortilla  
Cabbage  
Quail  
Mustard Greens  
Quinoa  
Doner Kebab  
Date  
Eggs  
Cantaloupe  
Navy Beans  
Cereal  
Peanut Butter  
Mango  
Calamari  
Onion  
Almonds  
Broccoli  
Amaranth  
Tempeh  
Kiwi