



## CARROTS

Mental Sharpness and Clarity  
Mental Energy



## BROCCOLI

Keeps Cancer Away  
Energy to Body Cells



## APPLE

An Apple a Day Keeps the  
Doctor Away (Truth)



## BANANA

Stamina and Bone Joint  
Stability



## CORN

Is an Essential Nutrient that  
Feeds the Whole Planet.  
Fills You Up.



## SPINACH

Eat Instead of Lettuce  
More Nutrients



## FISH

Energy and Stamina for  
The Next Day