

WONDERWORD®

By DAVID
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HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD**.

STARTING A KETO DIET

Solution: 9 letters

R	D	S	F	U	F	O	T	L	F	L	A	R	D	S
R	E	T	T	U	B	E	E	U	N	O	I	N	O	S
I	E	W	M	E	L	B	E	Y	R	T	L	U	O	P
B	S	P	O	H	A	L	I	B	U	T	P	E	F	O
S	X	S	R	L	E	K	O	H	C	I	T	R	A	L
T	A	U	P	O	F	E	H	C	N	N	O	M	E	L
U	L	G	D	I	T	I	B	N	O	C	A	B	S	A
N	F	A	I	M	N	E	L	A	M	E	L	A	A	C
A	K	R	E	Y	A	A	I	U	L	C	K	I	V	S
E	A	A	T	N	G	P	C	N	A	M	R	A	O	S
P	L	P	S	U	M	R	H	H	S	C	O	E	C	B
S	E	S	N	I	S	E	E	V	R	Ⓢ	K	N	A	Y
T	G	A	R	B	M	R	E	N	O	Ⓢ	R	R	D	M
A	G	H	U	P	B	A	S	C	E	Ⓢ	A	O	O	I
F	S	R	B	S	L	E	E	H	G	Ⓢ	B	N	G	P

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Almond, Artichoke, Asparagus, Avocado, Bacon, Beans, Beef, Body, Boil, Burn, Butter, Cake, Cauliflower, Cheese, Chef, Cocoa, Cook, Cream, Diets, Eggs, Energy, Fats, Flaxseed, Fuel, Full, Ghee, Halibut, Hemp, Herbs, Kale, Label, Lard, Lemon, Meals, Okra, Onion, Peanuts, Pork, Poultry, Proteins, Ribs, Rubs, Salmon, Scallops, Seafood, Shrimp, Soup, Spinach, Steak, Tofu, Veal

Yesterday's Answer: Terra Ceia

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