



HOW TO GET OUT OF A *Mealtime Rut*

Word Search

Find the 15 cooking-themed words in the puzzle below to see how you can turn your mealtime menu melancholies into creative culinary choices.

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

WORDS:

- BREAKFAST
- COOKBOOK
- COOKING
- CREATIVITY
- FAMILY
- HOLIDAY
- INSPIRATION
- KITCHEN
- MEALTIME
- MYPLATE
- PHOTOS
- RECIPES
- SCHEDULE
- SEASONS
- VARIETY

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