



LINDGREN
functional medicine

Fall

SEASONAL EATING BINGO

Can you get 5 in a row?



ALMONDS	ZUCCHINI	CINNAMON	SWEET POTATO	PUMPKIN
DATES	ONION	GARLIC	CRANBERRIES	BRUSSELS SPROUTS
WHOLE GRAINS	KALE	FREE	MUSHROOMS	PEAR
POTATO	GINGER	GREEN BEANS	APPLE	TOMATO
BELL PEPPER	MAPLE SYRUP	BEET	SQUASH	CARROT

