WONDERWORD®

By DAVID OUELLET

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.**

BLUE ZONES DIET **Solution: 11 letters**

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

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Almond, Baked, Barley, Beans, Beet, Bite, Breakfast, Bulgur, Cashew, Chard, Chickpeas, Chili, Cook, Dinner, Farro, Fennel, Food, Fruit, Full, Goal, Health, Herbal, Kale, Kitchen, Legume, Lentils, Longevity, Oatmeal, Olive Oil, Plant, Quinoa, Rice, Salad, Seeds, Soup, Spice, Spinach, Squash, Stew, Sweet Potato, Tofu, Vegan, Walnut, Water, Whole Wheat

Saturday's Answer: Southern ɹo

To purchase **WONDERWORD** books, visit www.WonderWordBooks.com, or call 1-800-642-6480.

SUDOKU

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

SATURDAY'S SOLUTION:

7	9	1	5	8	4	3	2	6
4	3	6	7	9	2	8	5	1
5	2	8	6	3	1	7	9	4
3	6	2	9	5	8	1	4	7
9	8	5	1	4	7	2	6	3
1	7	4	2	6	3	5	8	9
6	5	7	8	1	9	4	3	2
8	1	3	4	2	6	9	7	5
2	4	9	3	7	5	6	1	8

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9		8	1		6	3		
6	3			9	4			
1							9	6
	6	3			2			5
8				4				2
5			3			9	7	
4	5							3
			4	3			5	9
		7	6		5	2		4

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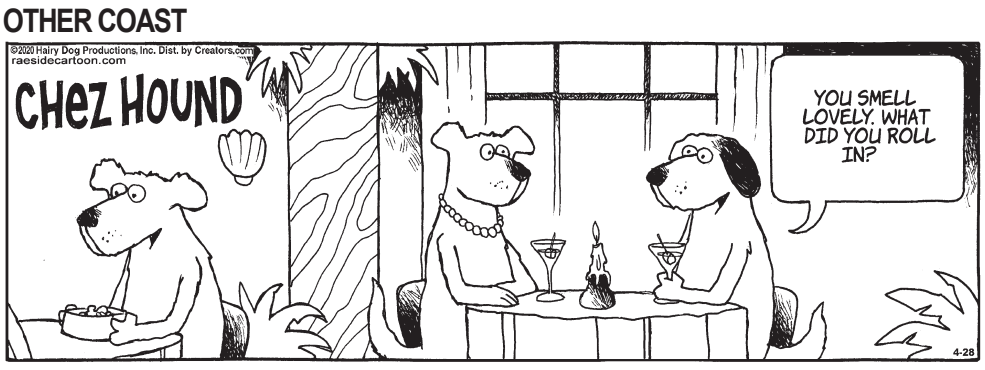
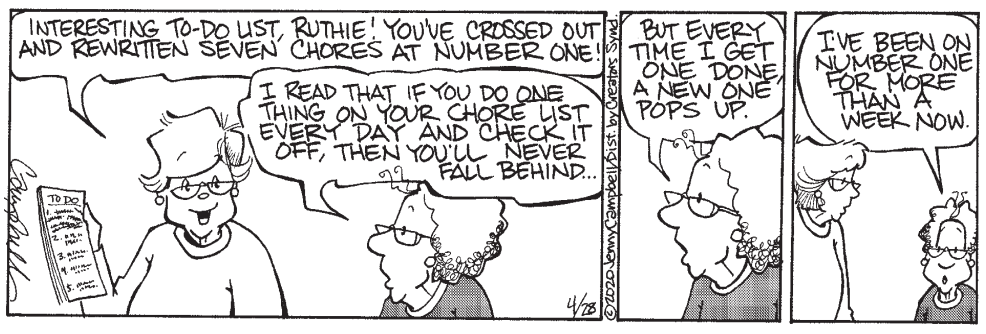
DIFFICULTY RATING: ★★☆☆☆

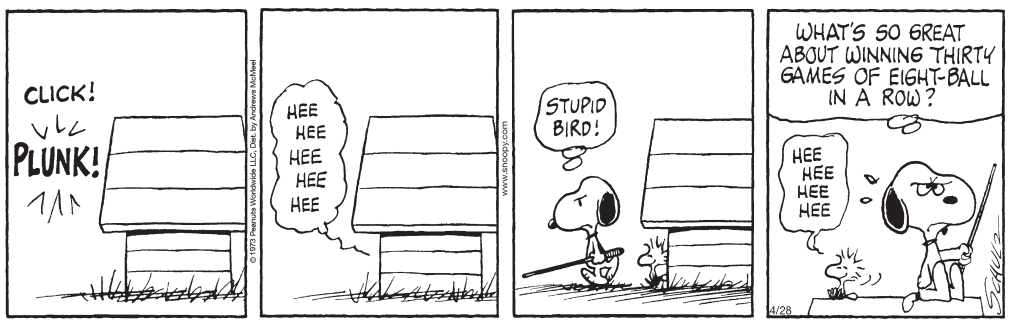
OTHER COAST



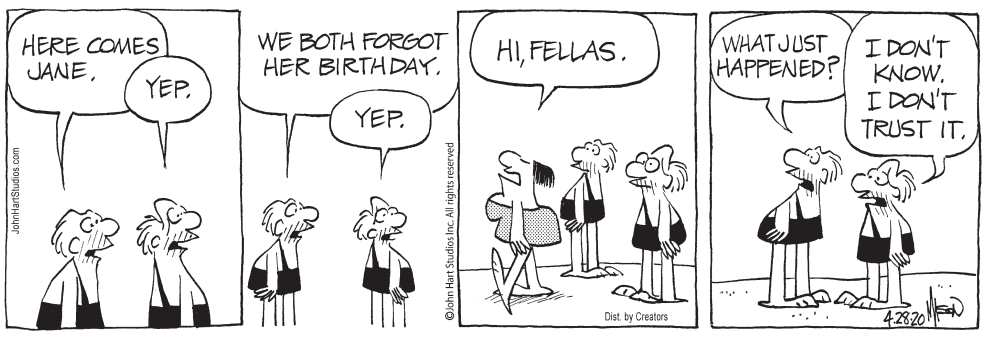
FLO AND FRIENDS



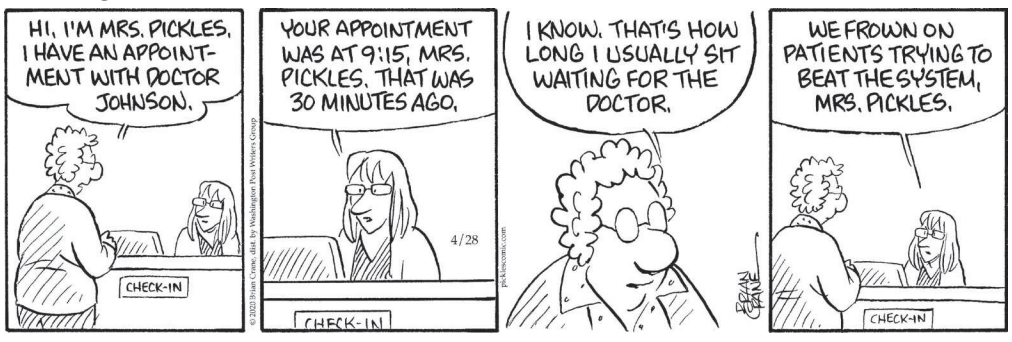
PEANUTS



B.C.



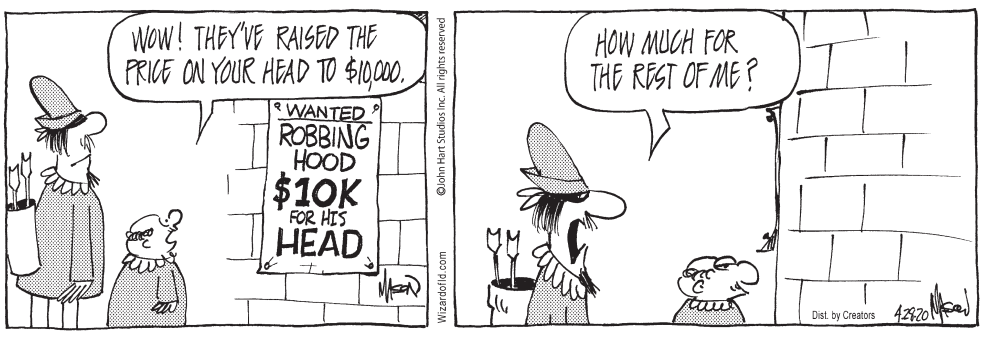
PICKLES



BOUND & GAGGED

MOTHER GOOSE & GRIMM

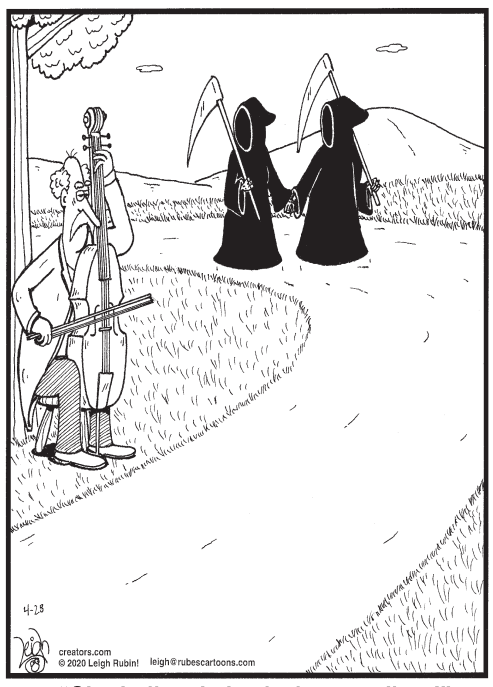
THE WIZARD OF ID



BREAKING CAT NEWS

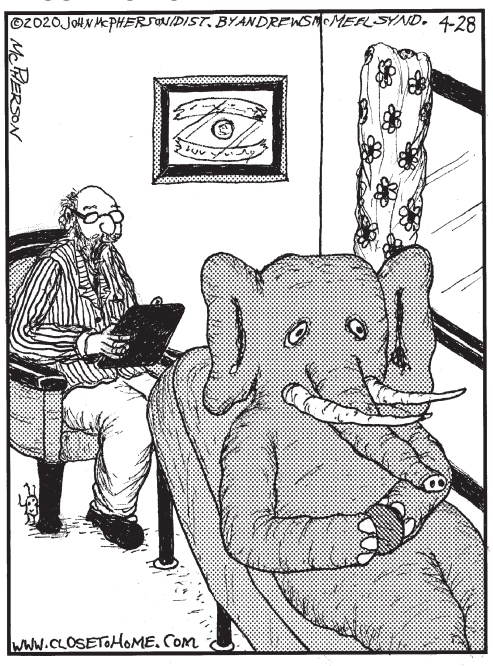
TUNDRA

RUBES



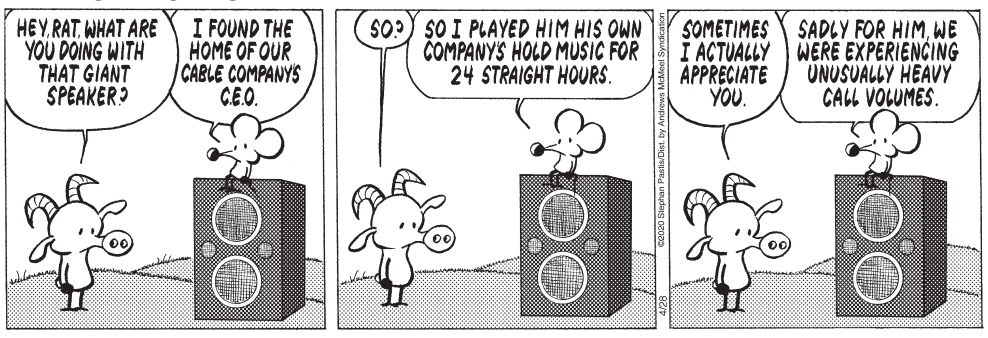
"Oh, darling, he's playing our dirge!"

CLOSE TO HOME

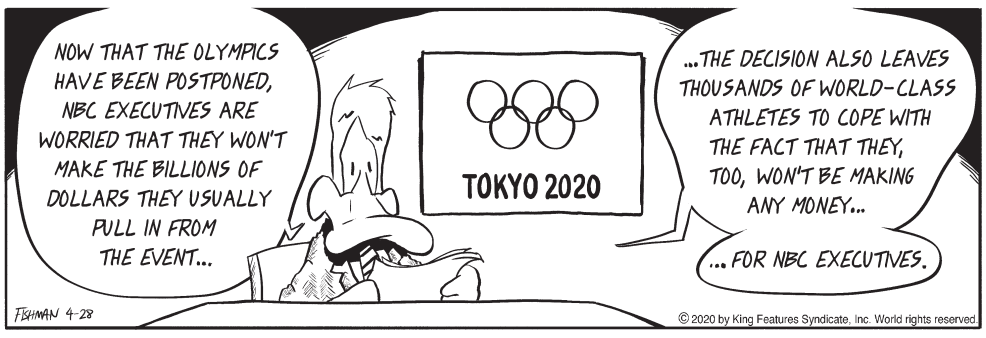


"So, tell me what you feel when everyone in a room sees you, yet they won't TALK about you."

PEARLS BEFORE SWINE



MALLARD FILLMORE



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