

TOP SECRET



**ACTION HERO
ALLIANCE**

Market Missions

Your mission, should you choose to accept it, is to locate and capture these Supercharged Foods. Next time you go grocery shopping with your parents, bring this checklist. When it's complete, try to come up with more items from each category. For best results, recruit a friend and see who can finish the mission first. And you thought having fun at the supermarket was "impossible."

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| High-Voltage Veggies | Great Grains | Fruit Boosters | Protein Power | Bone Builders |
|---|--|---|---|--|
| Dark Green Veggies: <ul style="list-style-type: none"><input type="checkbox"/> Broccoli<input type="checkbox"/> Spinach<input type="checkbox"/> Collard Greens Red & Orange Veggies: <ul style="list-style-type: none"><input type="checkbox"/> Carrots<input type="checkbox"/> Pumpkin<input type="checkbox"/> Red Peppers Beans and Peas: <ul style="list-style-type: none"><input type="checkbox"/> Black beans<input type="checkbox"/> Kidney beans<input type="checkbox"/> Split Peas Starchy Veggies: <ul style="list-style-type: none"><input type="checkbox"/> Corn<input type="checkbox"/> Green Peas<input type="checkbox"/> Potatoes | <ul style="list-style-type: none"><input type="checkbox"/> Brown Rice<input type="checkbox"/> Whole Wheat Pasta<input type="checkbox"/> Oatmeal<input type="checkbox"/> Popcorn<input type="checkbox"/> Quinoa<input type="checkbox"/> Wild Rice<input type="checkbox"/> Whole Grain Cereal<input type="checkbox"/> Whole Wheat Bread | <ul style="list-style-type: none"><input type="checkbox"/> Apples<input type="checkbox"/> Bananas<input type="checkbox"/> Strawberries<input type="checkbox"/> Grapefruit<input type="checkbox"/> Cantaloupe<input type="checkbox"/> Honeydew<input type="checkbox"/> Oranges<input type="checkbox"/> Blueberries<input type="checkbox"/> Blackberries<input type="checkbox"/> Pineapples<input type="checkbox"/> Mangoes | Meats/Poultry: <ul style="list-style-type: none"><input type="checkbox"/> Beef<input type="checkbox"/> Ham<input type="checkbox"/> Chicken<input type="checkbox"/> Turkey<input type="checkbox"/> Lamb<input type="checkbox"/> Eggs Beans and Peas: <ul style="list-style-type: none"><input type="checkbox"/> Chickpeas<input type="checkbox"/> Hummus<input type="checkbox"/> Lima Beans<input type="checkbox"/> Black Beans Nuts and Seeds: <ul style="list-style-type: none"><input type="checkbox"/> Almonds<input type="checkbox"/> Cashews<input type="checkbox"/> Peanuts<input type="checkbox"/> Sunflower seeds<input type="checkbox"/> Peanut butter<input type="checkbox"/> Almond Butter | <ul style="list-style-type: none"><input type="checkbox"/> Milk<input type="checkbox"/> Cheese<input type="checkbox"/> Yogurt<input type="checkbox"/> Low-fat ice cream<input type="checkbox"/> Frozen Yogurt<input type="checkbox"/> Evaporated Milk |