Allez-Viens 2 (Chap. 7-3): En pleine forme

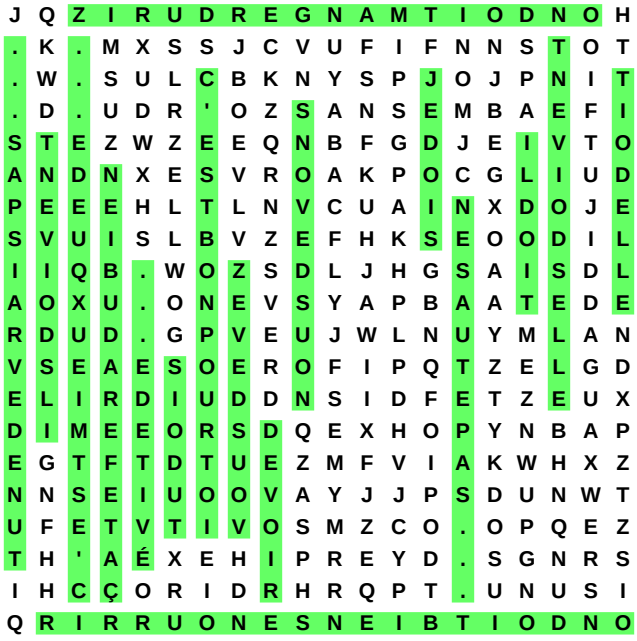
J Q Z I R U D R E G N A M T I O D N O H
. K . M X S S J C V U F I F N N S T O T
. W . S U L C B K N Y S P J O J P N I T
. D . U D R ' O Z S A N S E M B A E F I
S T E Z W Z E E Q N B F G D J E I V T O
A N D N X E S V R O A K P O C G L I U D
P E E E H L T L N V C U A I N X D O J E
S V U I S L B V Z E F H K S E O O D I L
I I Q B . W O Z S D L J H G S A I S D L
A O X U . O N E V S Y A P B A A T E D E
R D U D . G P V E U J W L N U Y M L A N
V S E A E S O E R O F I P Q T Z E L G D
E L I R D I U D D N S I D F E T Z E U X
D I M E E O R S D Q E X H O P Y N B A P
E G T F T D T U E Z M F V I A K W H X Z
N N S E I U O O V A Y J J P S D U N W T
U F E T V T I V O S M Z C O . O P Q E Z
T H ' A É X E H I P R E Y D . S G N R S
I H C Ç O R I D R H R Q P T . U N U S I
Q R I R R U O N E S N E I B T I O D N O

I MUST
SHE MUST
DON'T SKIP...
TO HAVE TO, MUST
IT'S GOOD FOR YOU
EVERYONE SHOULD EAT WELL

WE MUST
AVOID...
THEY (FEM) MUST
YOU SHOULDN'T...
YOU MUST (INFORMAL)
EVERYONE SHOULD EAT RICE

HE MUST
YOU ALL MUST
THEY (MASC) MUST
IT'LL DO YOU GOOD
IT'S BETTER THAN...

Solution


J Q Z I R U D R E G N A M T I O D N O H
. K . M X S S J C V U F I F N N S T O T
. W . S U L C B K N Y S P J O J P N I T
. D . U D R ' O Z S A N S E M B A E F I
S T E Z W Z E E Q N B F G D J E I V T O
A N D N X E S V R O A K P O C G L I U D
P E E E H L T L N V C U A I N X D O J E
S V U I S L B V Z E F H K S E O O D I L
I I Q B . W O Z S D L J H G S A I S D L
A O X U . O N E V S Y A P B A A T E D E
R D U D . G P V E U J W L N U Y M L A N
V S E A E S O E R O F I P Q T Z E L G D
E L I R D I U D D N S I D F E T Z E U X
D I M E E O R S D Q E X H O P Y N B A P
E G T F T D T U E Z M F V I A K W H X Z
N N S E I U O O V A Y J J P S D U N W T
U F E T V T I V O S M Z C O . O P Q E Z
T H ' A É X E H I P R E Y D . S G N R S
I H C Ç O R I D R H R Q P T . U N U S I
Q R I R R U O N E S N E I B T I O D N O