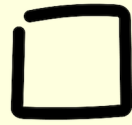


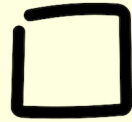
HOW TO BUILD A GREEN MEAL DEAL

WRAP MEAL DEAL

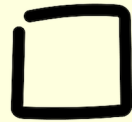
PASTA POWER MEAL DEAL



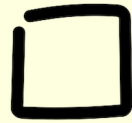
LEAN MEATS ETC..



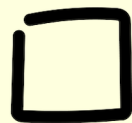
GRAINS



DAIRY ETC.



VEGETABLES



FRUIT



HYDRATION