WHAT'S IN THIS MEAL

MEAL: _____

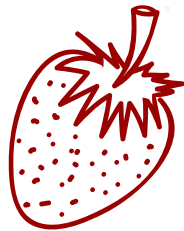## PROTEIN

VEGETABLES

GRAINS

FRUIT

DAIRY

Health Beet