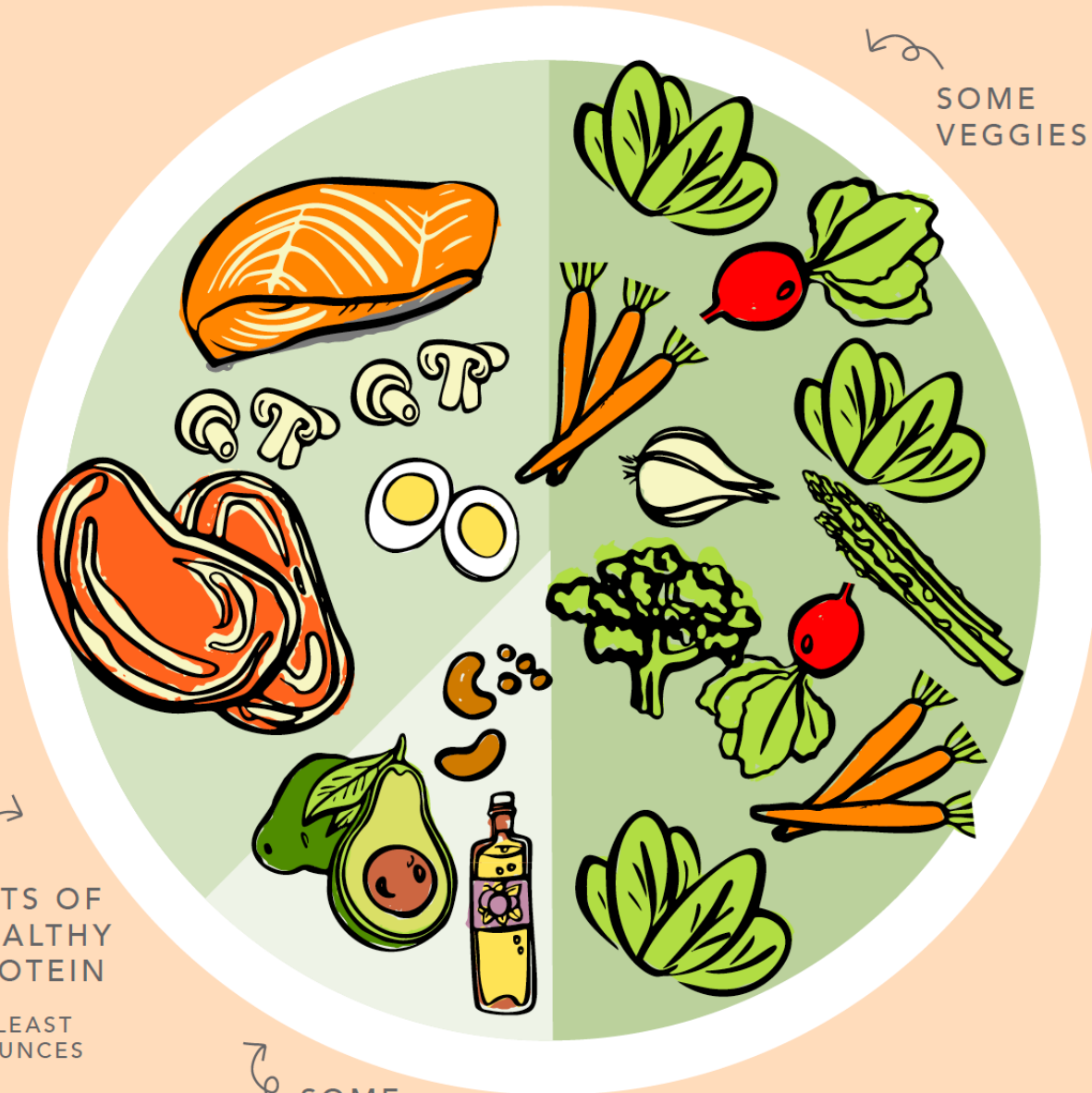


AN IDEAL PLATE FOR HEALTH & HEALING



RECOMMENDED FOOD OPTIONS

PROTEINS: chicken | salmon | eggs | beef | shellfish | tuna | mushrooms | collagen peptides

FATS: avocado | nuts | seeds | coconut products | healthy oils | olives | nut butters | eggs

VEGGIES: leafy greens | asparagus | broccoli | cabbage | peppers | sprouts | cauliflower