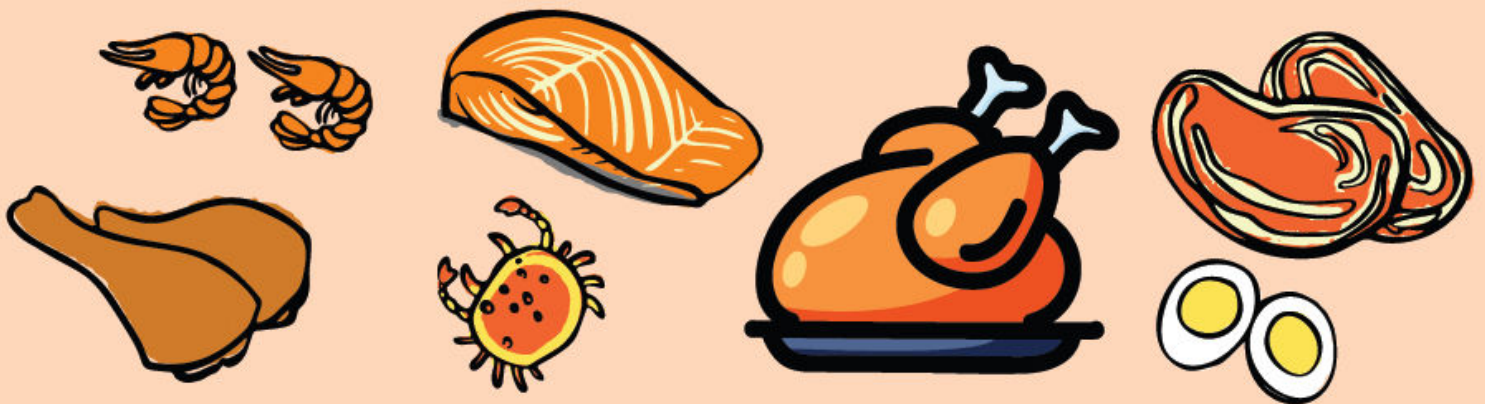


# WHAT SHOULD I EAT?

A VARIETY OF VEGETABLES AND SOME LOW SUGAR FRUITS



ANIMAL BASED PROTEINS OR OTHER PROTEIN SOURCES



HEALTHY FATS



DID YOU WORK OUT?

