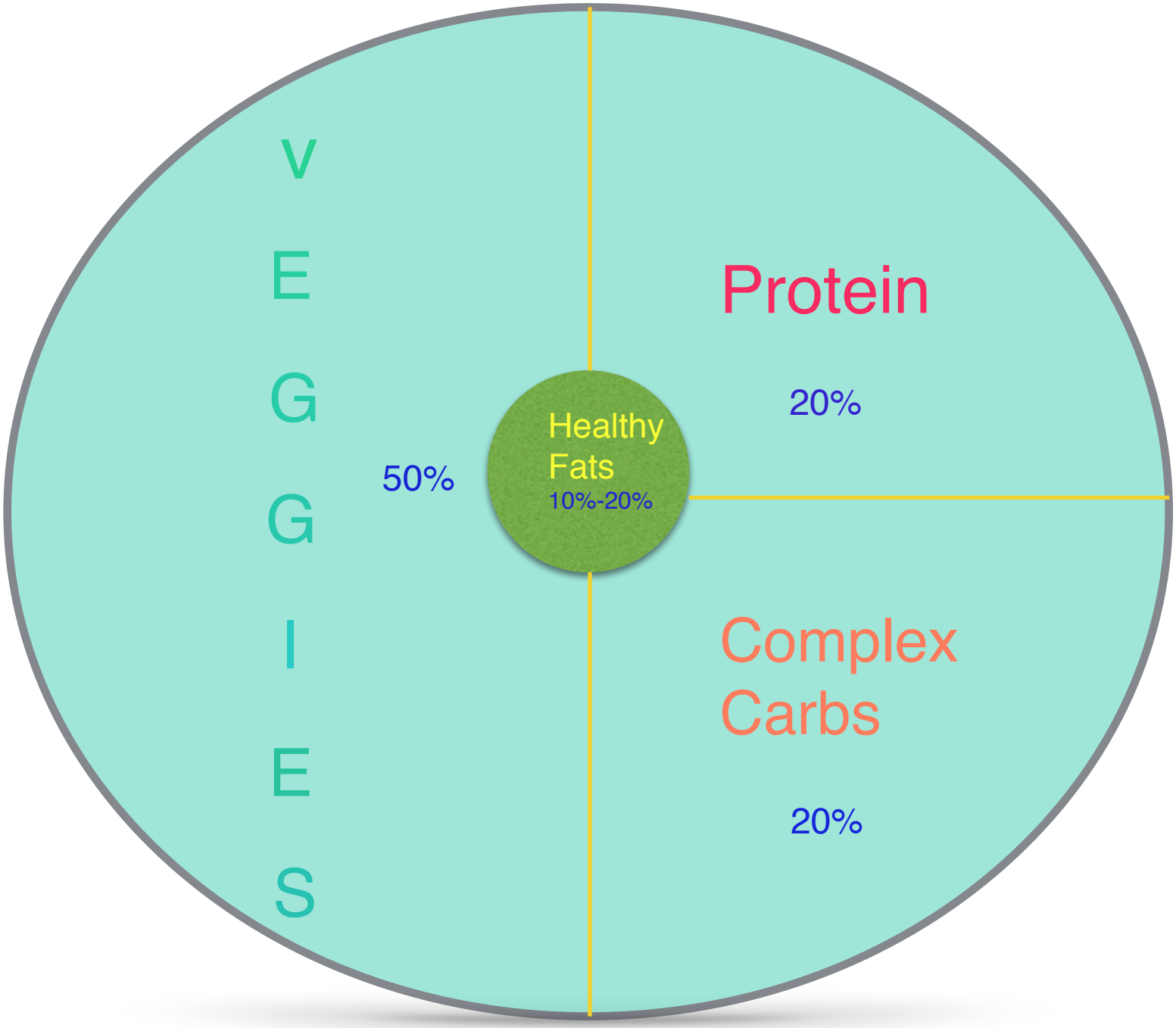
VEGGIES
50%
Healthy Fats
10%-20%
Protein
20%
Complex Carbs
20%