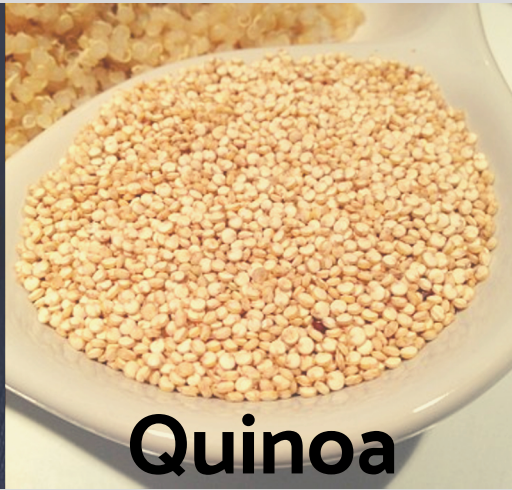


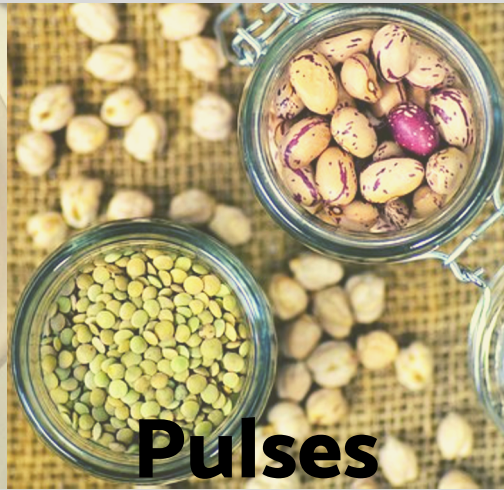
**PROTEINS X1**



**Soy  
Products**

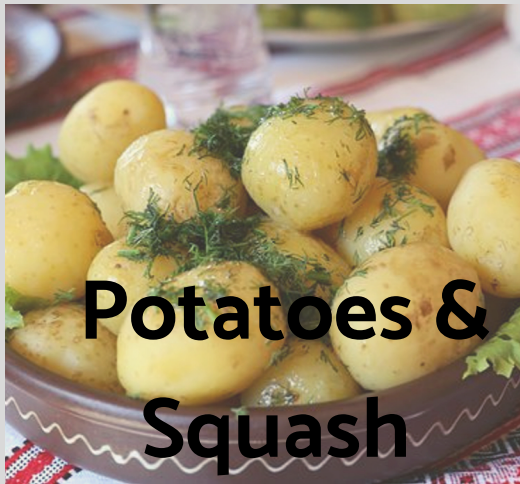


**Quinoa**



**Pulses**

**CARBS X1**



**Potatoes &  
Squash**



**Rice**



**Brown Pasta**

**FATS X1**



**Avocado**



**Nuts & Seeds**



**Coconut**

**FRUIT & VEG X3**



**Vegetables**



**Dried Fruits**



**Fresh Fruit**