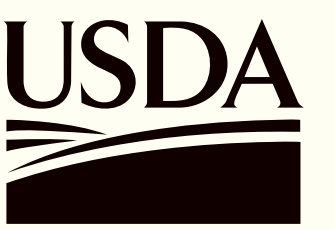
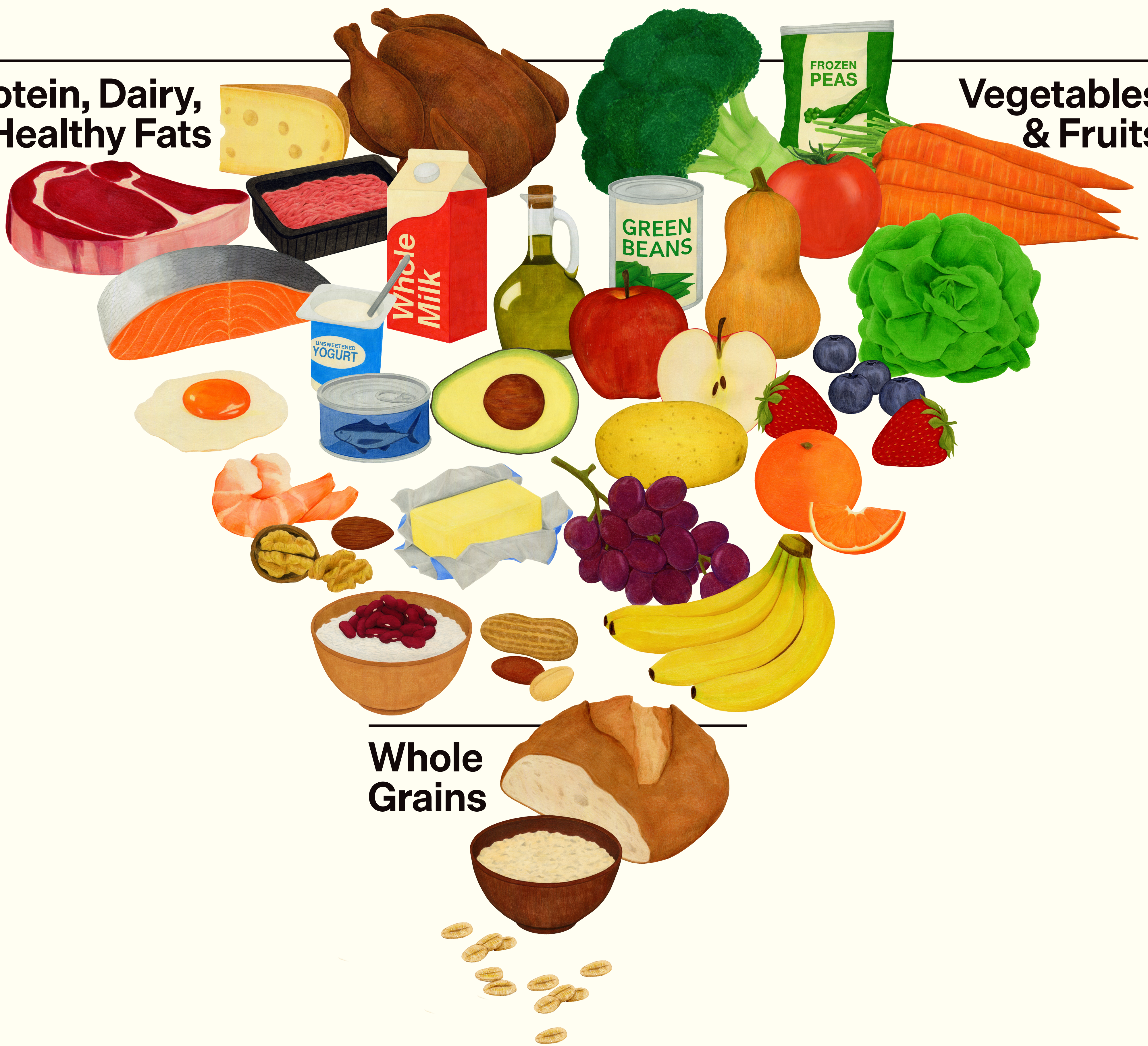


# Eat Real Food



**Protein, Dairy,  
& Healthy Fats**

**Vegetables  
& Fruits**



**Whole  
Grains**