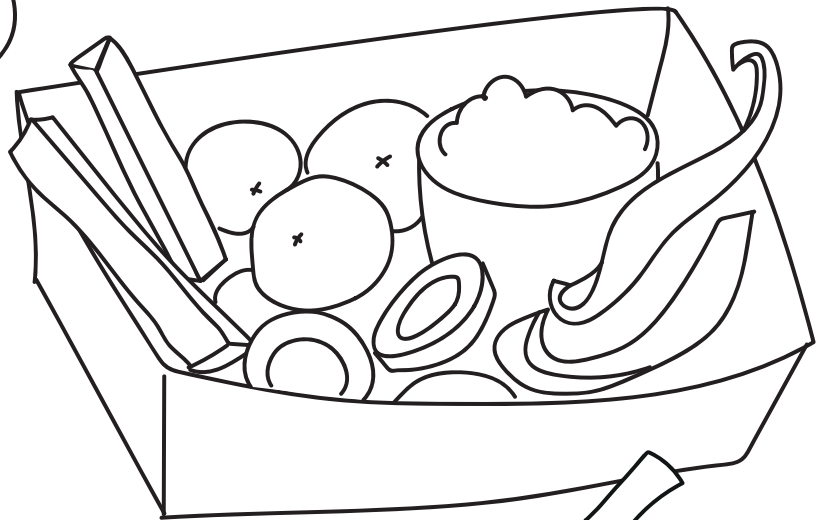
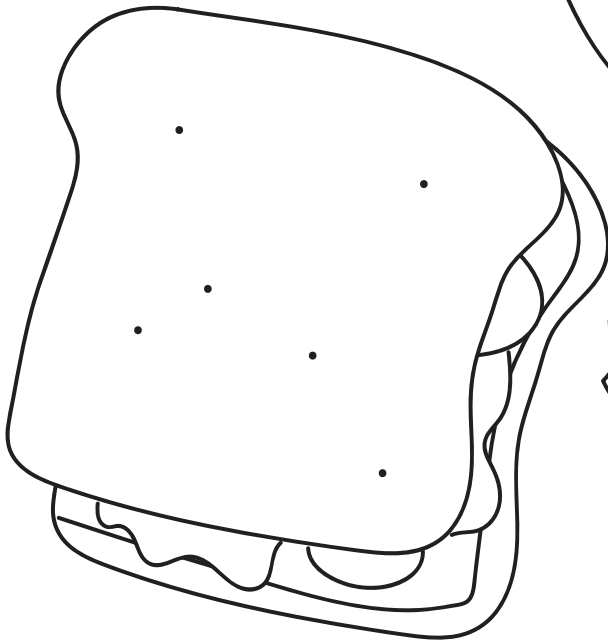
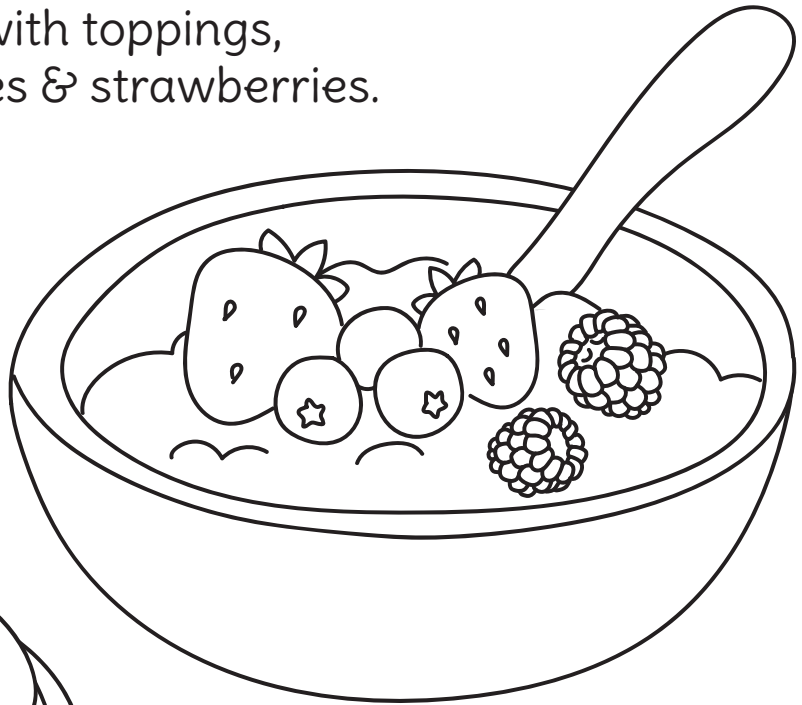
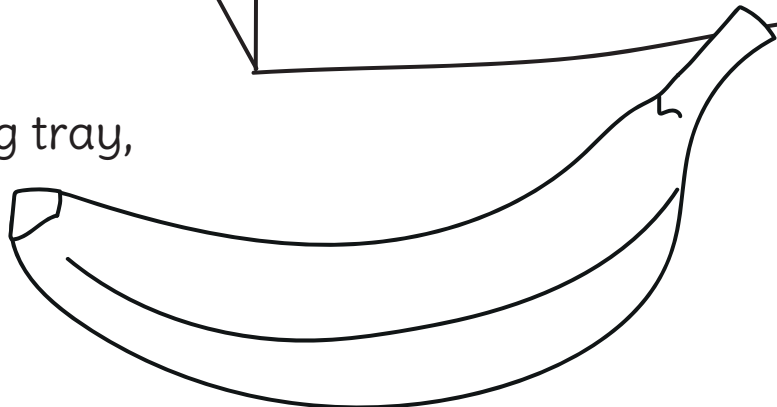


Important Nutrients in the Diet - Macronutrients

Breakfast: Porridge with toppings,
raspberries, blueberries & strawberries.

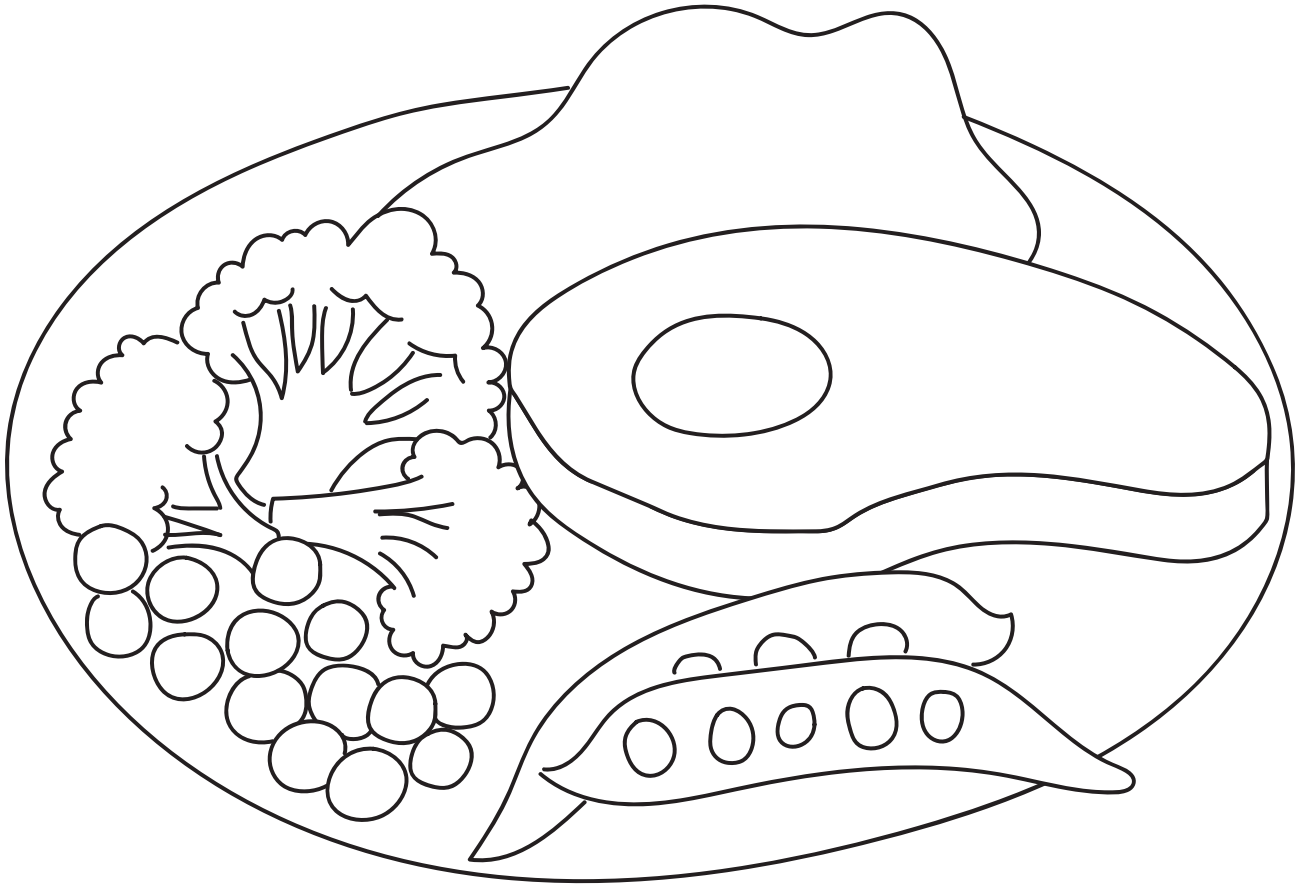


Lunch: Sandwich, veg tray,
and a banana.



Dinner:

Meat, potatoes, broccoli, and peas.



Liquids:

Water, orange juice and smoothie

