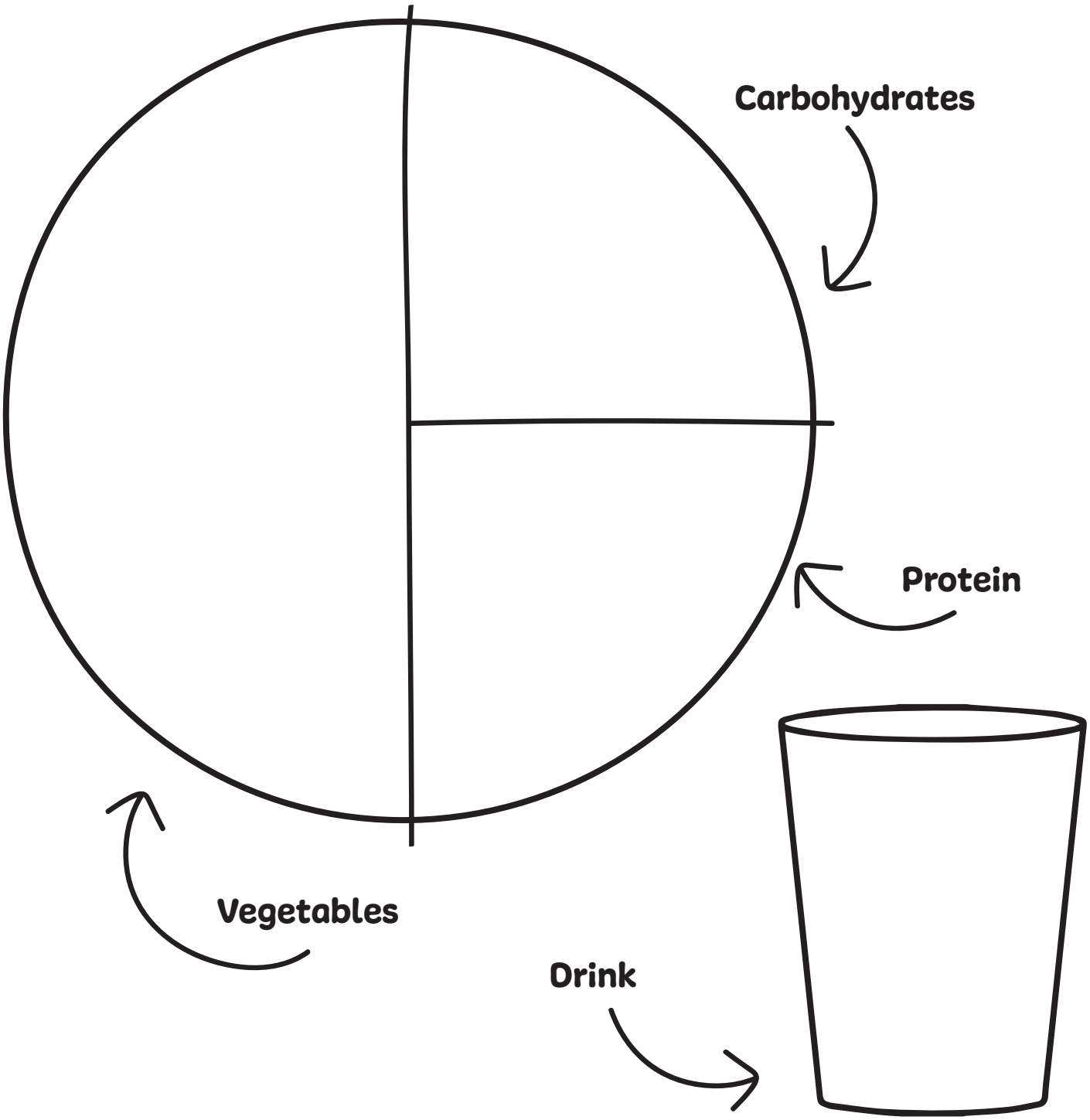
Portion Sizes



THE LUNCH BAG

'Empowered, Educated Eating'

Healthy Dinner Plate:
Draw your favourite Drink, Veg, Carbohydrates and Protein.