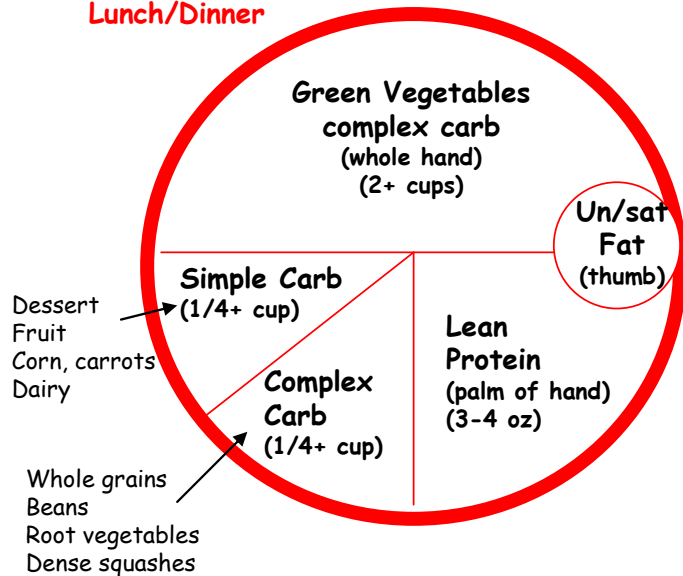
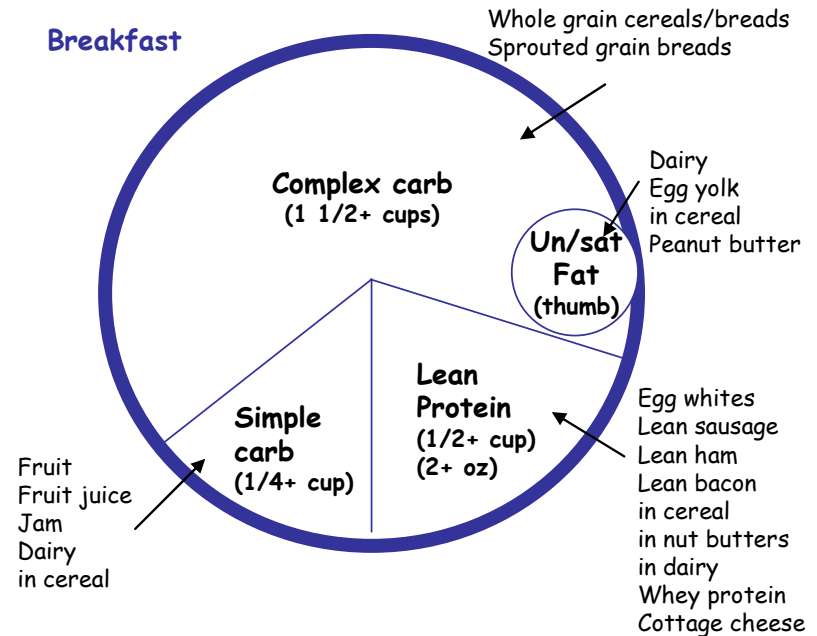


## Balancing by Type of Meal

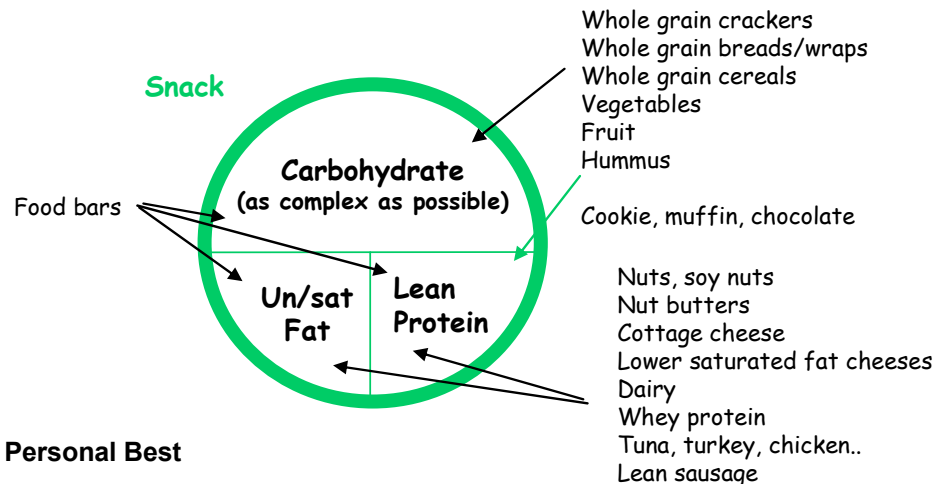
### Lunch/Dinner



### Breakfast

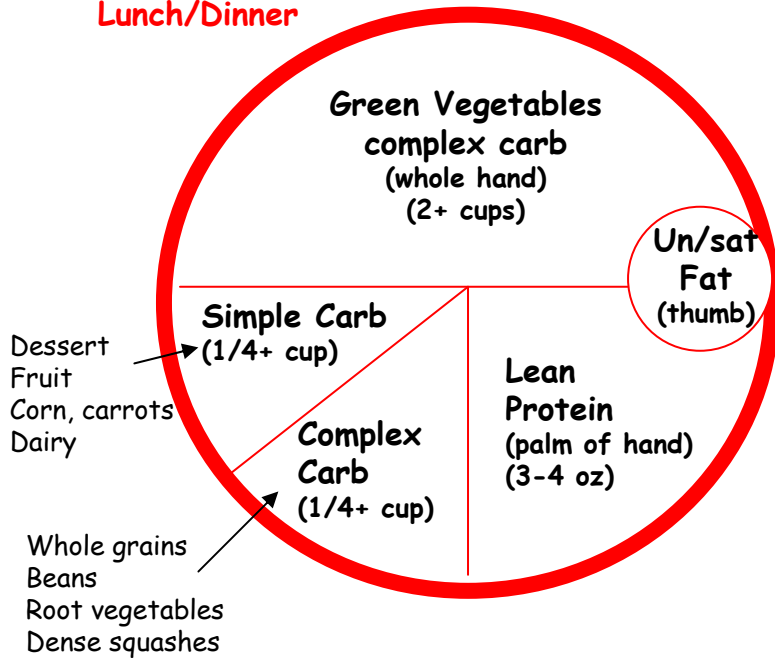


### Snack

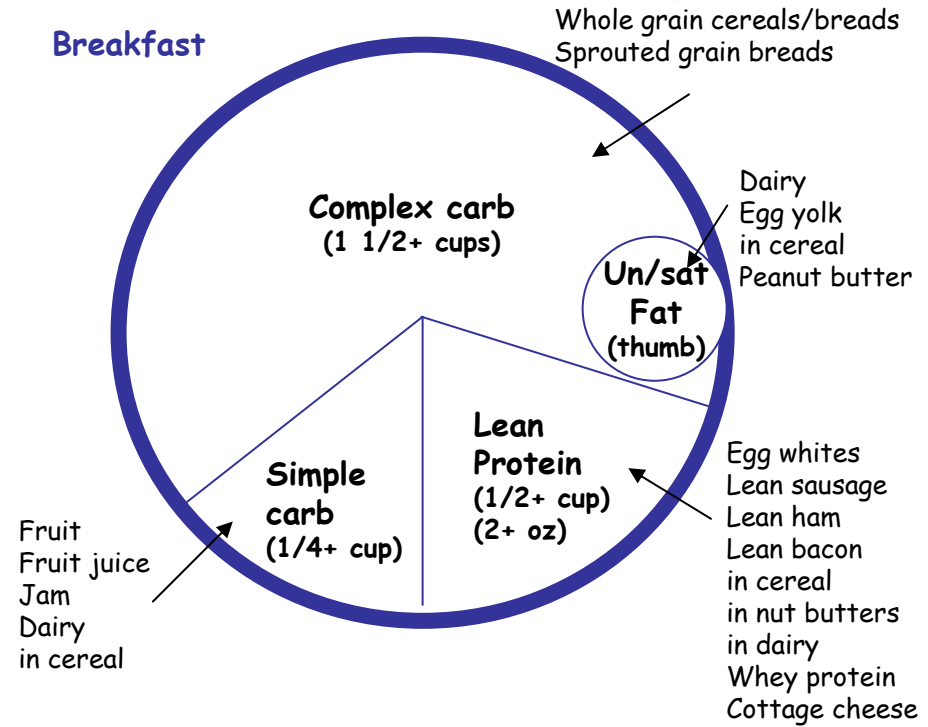


# Balanced Eating

## Lunch/Dinner



## Breakfast



## Snack

