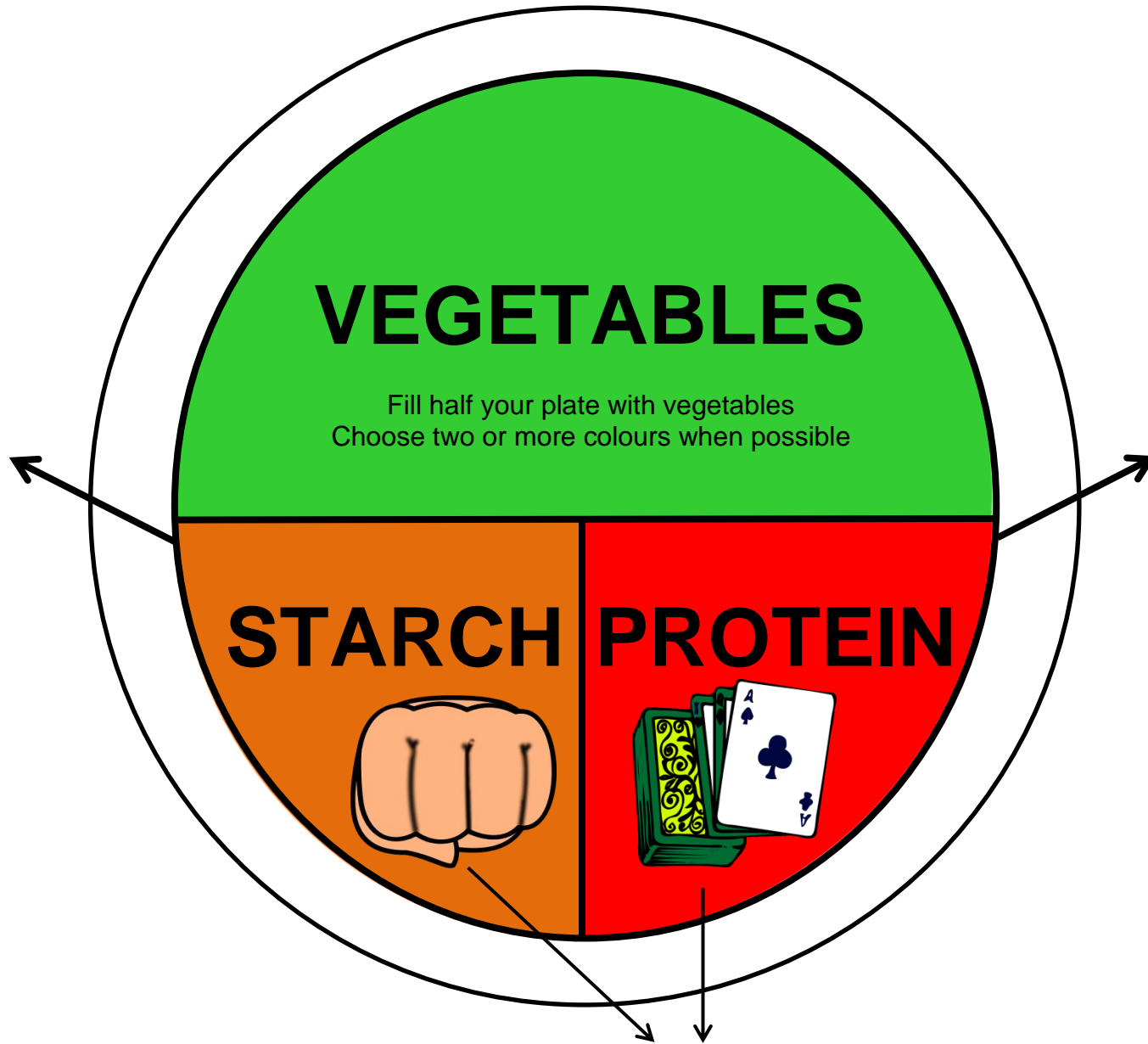


A BALANCED, HEALTHY MEAL

Base your main meal, as close as possible, to this plate



Portion size