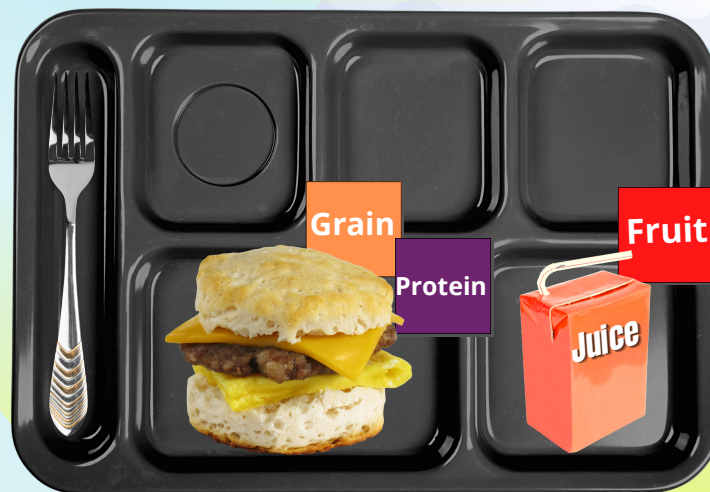


BUILD A POWER FUELED BREAKFAST

➤➤ CHOOSE AT LEAST 3 ITEMS

➤➤ ONE MUST BE A **FRUIT** OR **VEGETABLE**



*A biscuit counts as 2 items



BUILD A HEALTHY LUNCH

➤➤ CHOOSE 3 - 5 COMPONENTS

➤➤ ONE MUST BE A
FRUIT OR VEGETABLE

