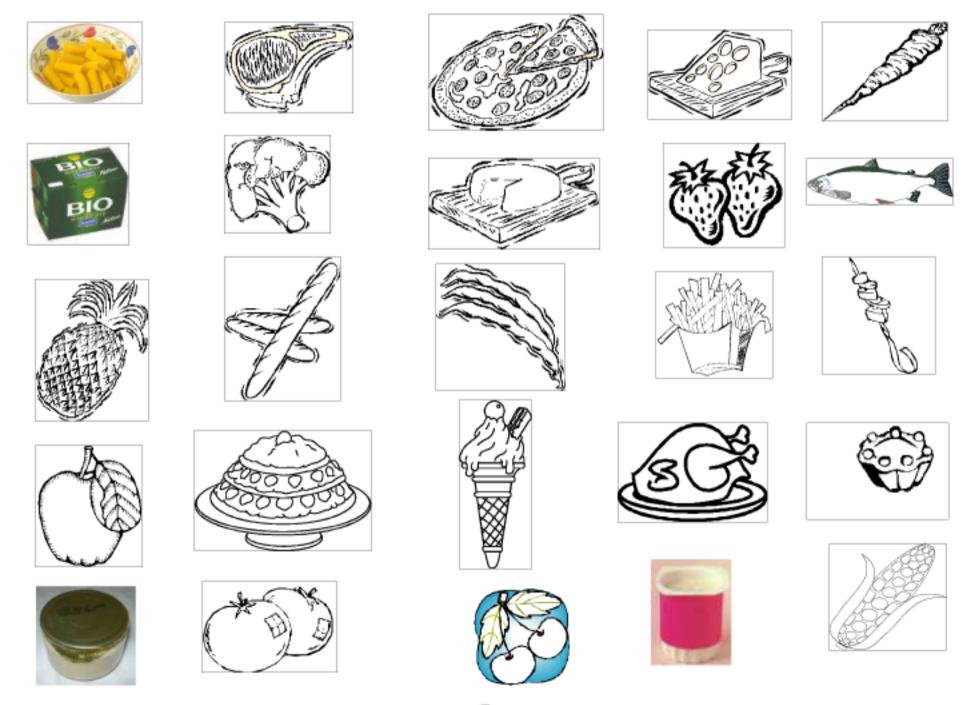
Choose food for your noon and evening meals and stick them separetely on a sheet of paper



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