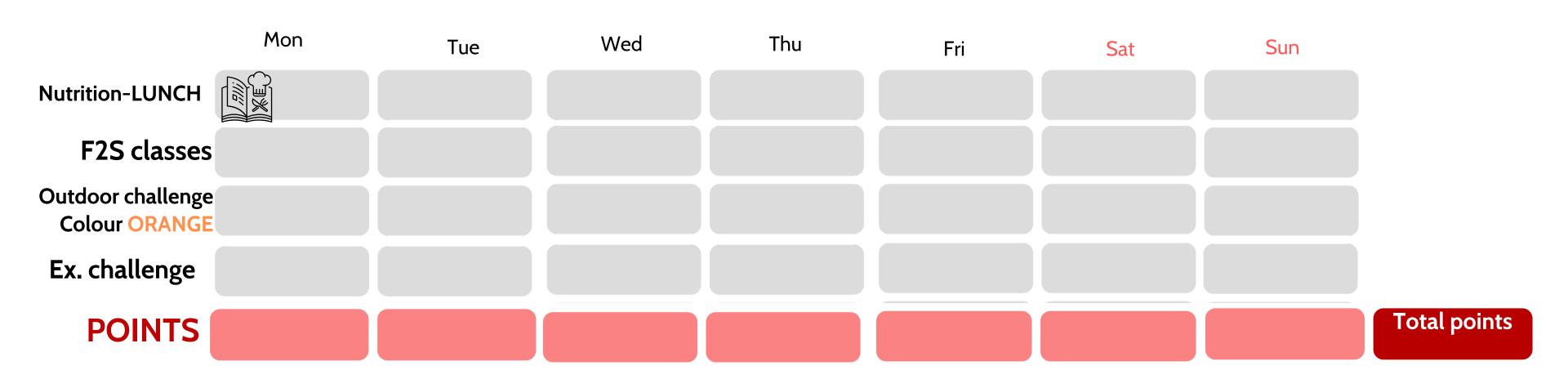


CHECKLIST WEEK 3





See BALANCED PLATE page and our TIPS in our Fit2Shine cook book.