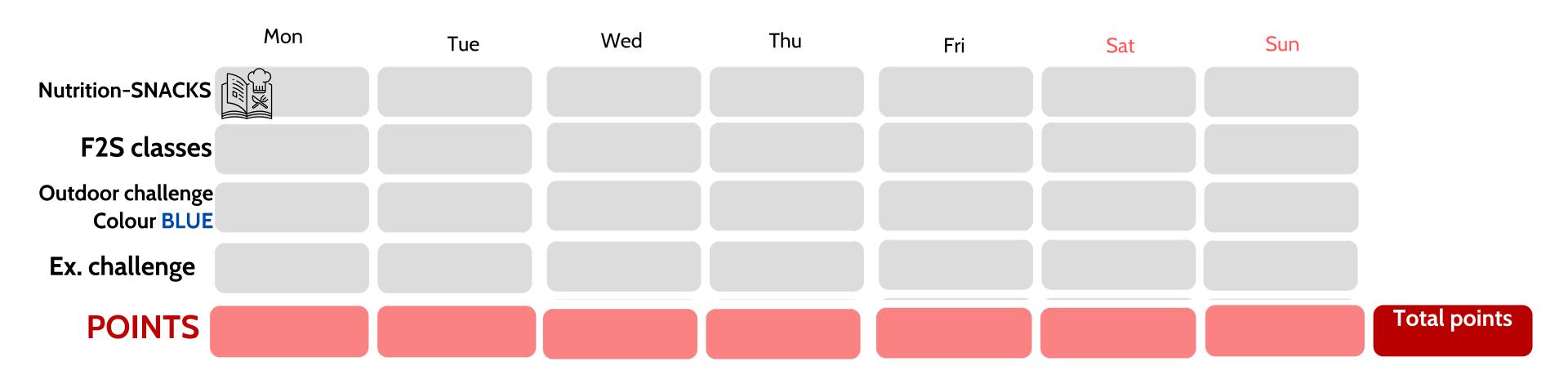


CHECKLIST WEEK &





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