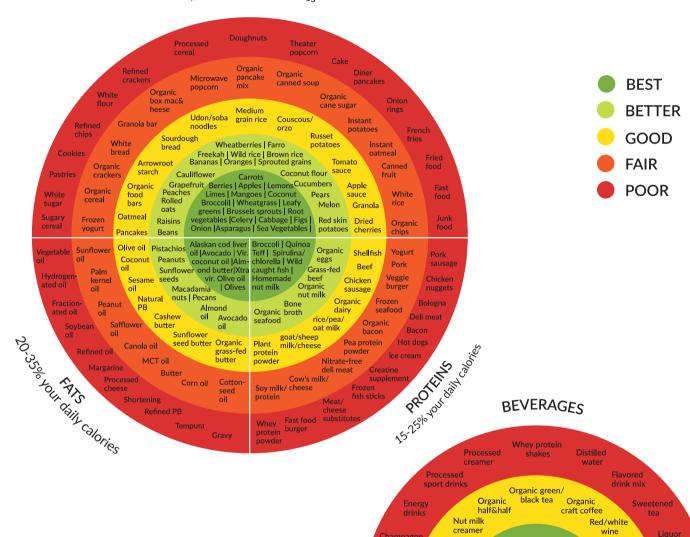


FOOD TARGETS

CARBOHYDRATES 45-65% your daily calories





The Food Target and above information is sourced and can be found at www.ontargetliving.com

