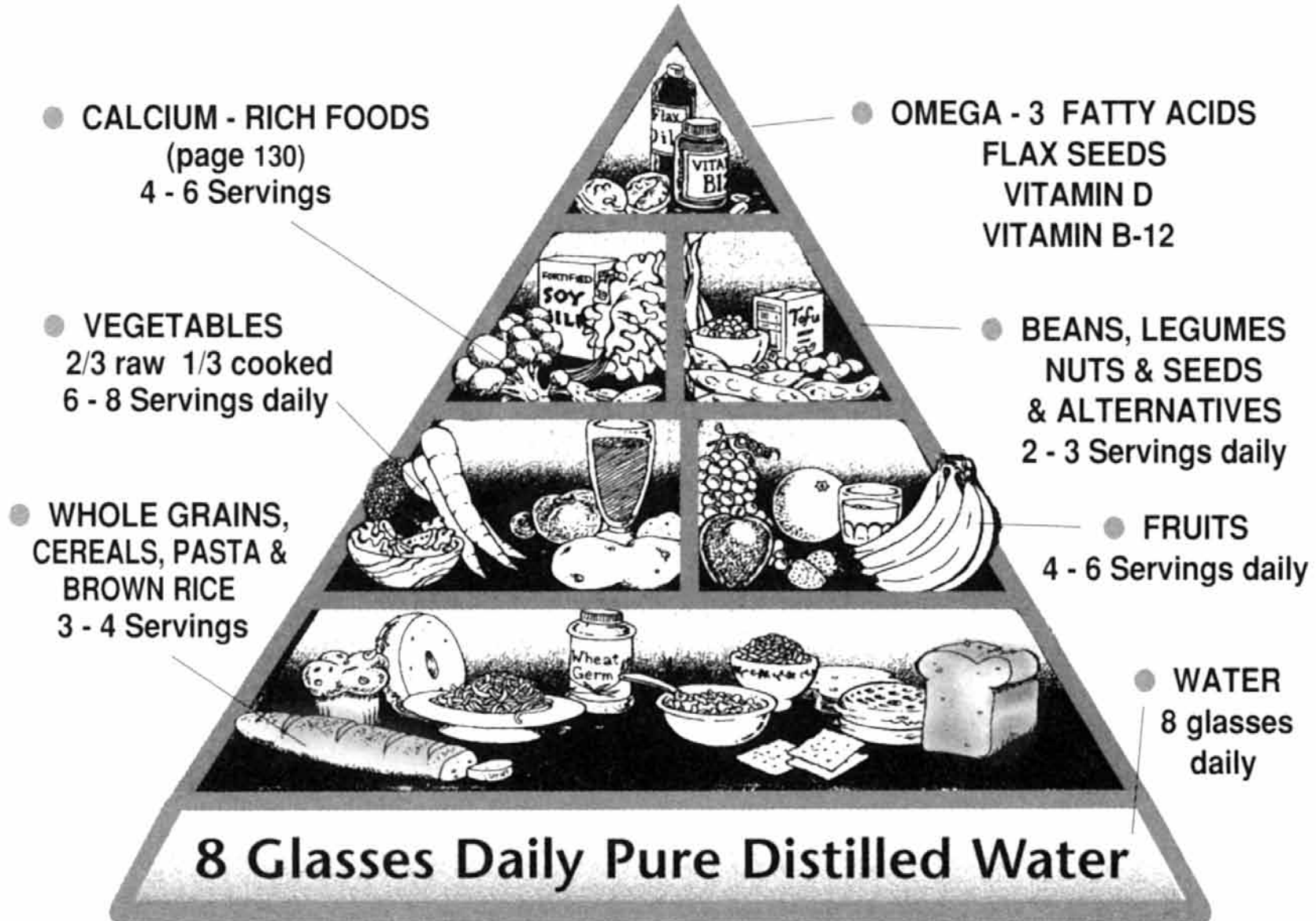


Healthy Plant-Based Daily Food Guide



You are what you eat, drink, breathe, think, say and do! – Patricia Bragg, N.D., Ph.D.