

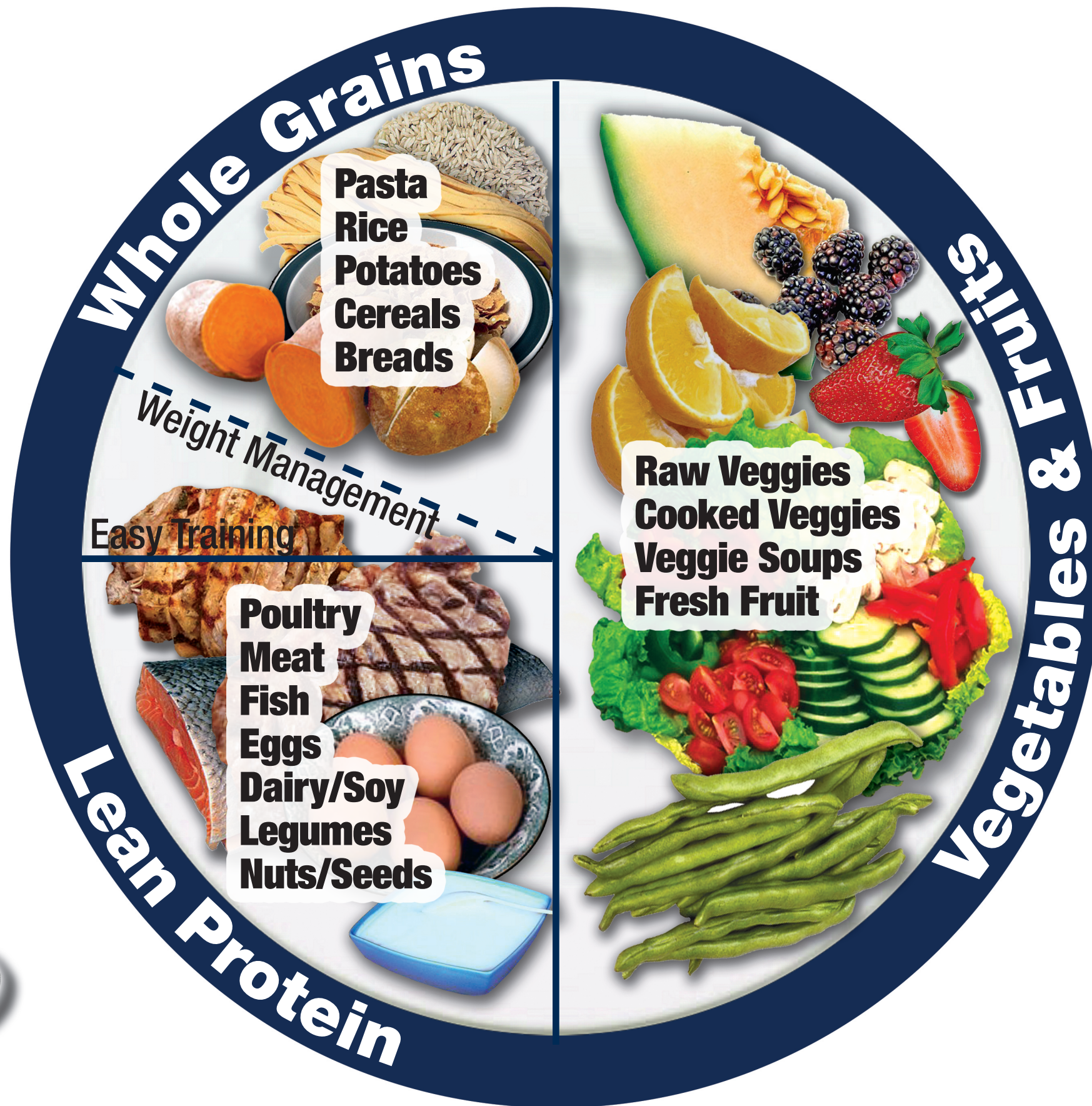
EASY TRAINING / WEIGHT MANAGEMENT:

FATS

1-3 Teaspoon(s)



Avocado
Oils
Nuts
Seeds
Cheese
Butter



Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages



Coffee
Tea

FLAVORS

Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

