

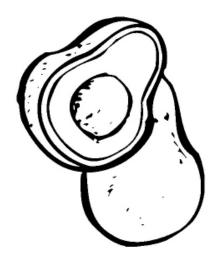


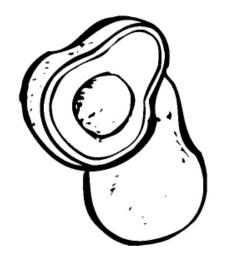


**SWISS CHARD** 

**SWISS CHARD** 



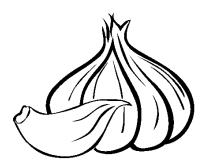


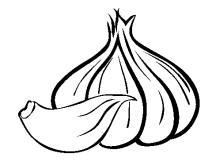


AVOCADO

AVOCADO







**GARLIC** 

**GARLIC** 



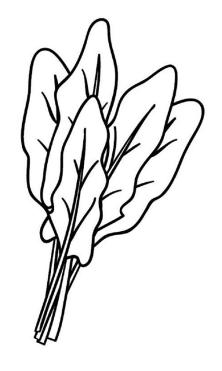


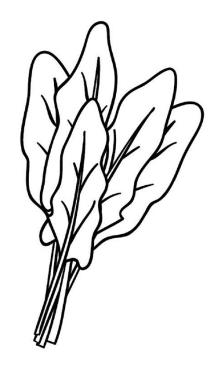


**MUSHROOM** 

**MUSHROOM** 



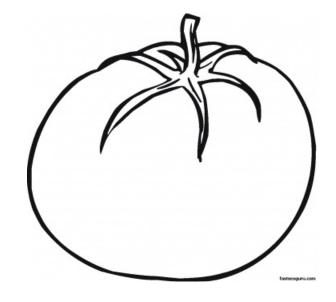




SPINACH SPINACH

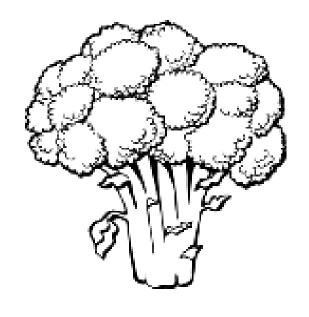


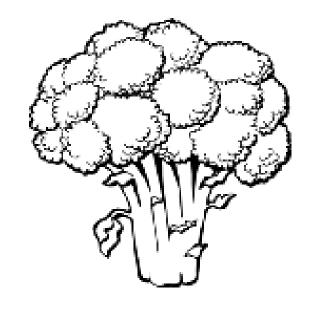




TOMATO TOMATO



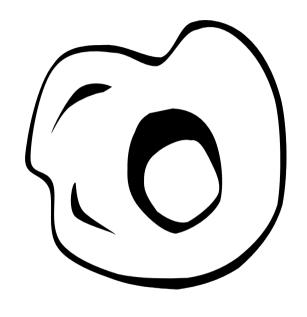


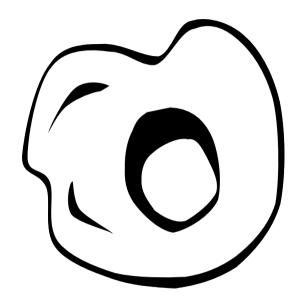


**CAULIFLOWER** 

**CAULIFLOWER** 

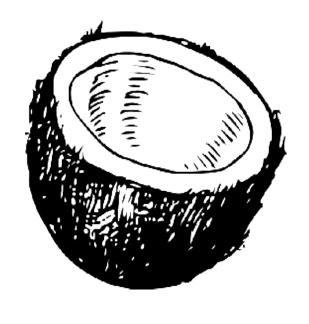


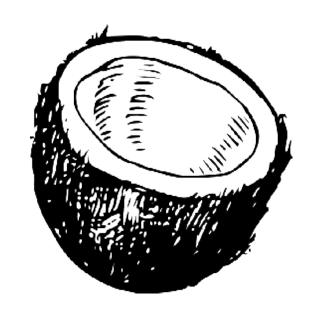




**EGG EGG** 







COCONUT OIL

COCONUT OIL







NUTS







**BEETS**BEETS





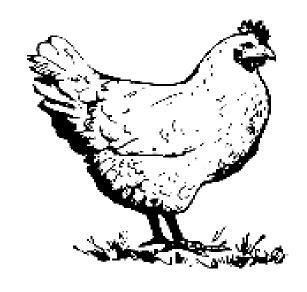


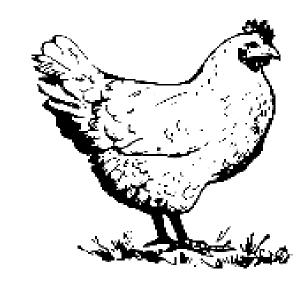
twistynoodle.com

WINTER SQUASH

WINTER SQUASH



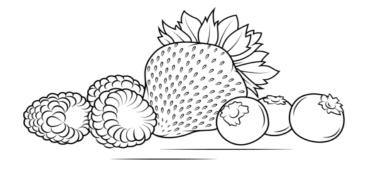


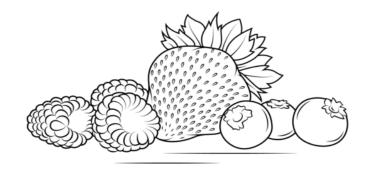


ORGANIC CHICKEN (PASTURE-RAISED)

ORGANIC CHICKEN (PASTURE-RAISED)







**BERRIES**BERRIES







OLIVE OIL

OLIVE OIL



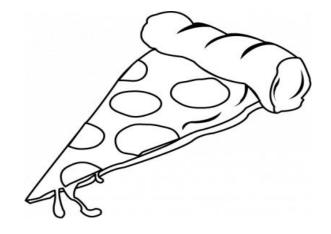


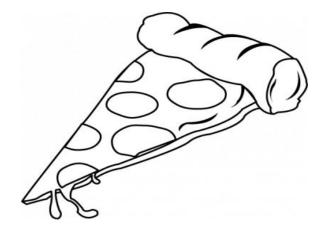


**SUGAR DRINKS** 

**SUGAR DRINKS** 

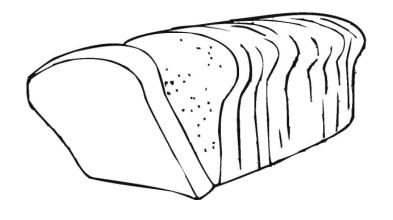


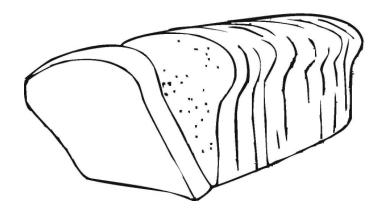




PIZZA PIZZA







WHITE BREAD

WHITE BREAD







JUICES JUICES



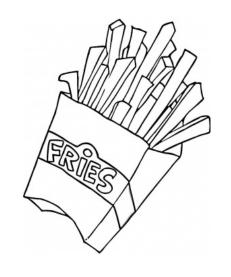


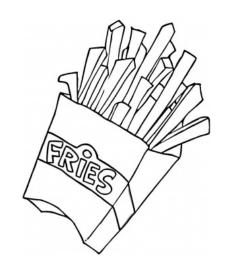


PASTRIES, COOKIES, CAKES

PASTRIES, COOKIES, CAKES



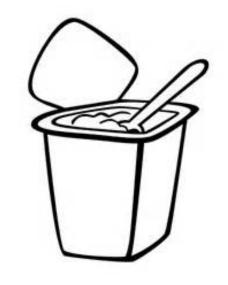


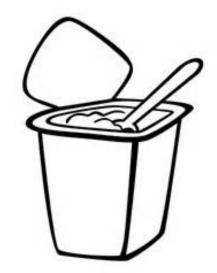


FRIED FOODS

FRIED FOOD







LOW FAT YOGURT

**LOW FAT YOGURT** 







ICE CREAM

ICE CREAM







**CANDY BARS** 

**CANDY BARS** 



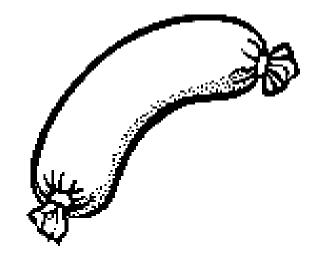




CANDY



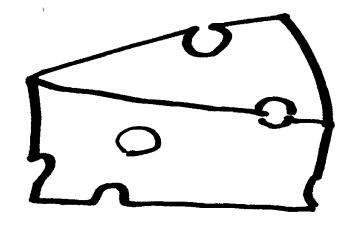


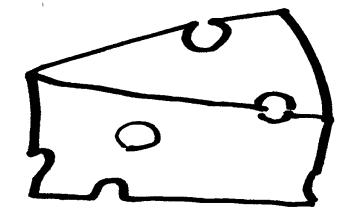


PROCESSED MEAT

PROCESSED MEAT



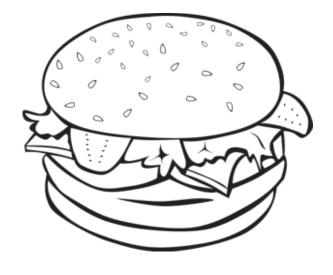


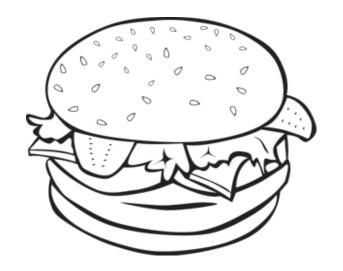


PROCESSED CHEESE

PROCESSED CHEESE



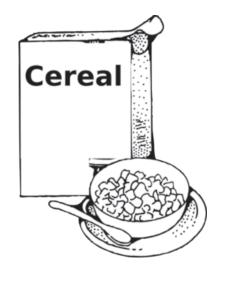


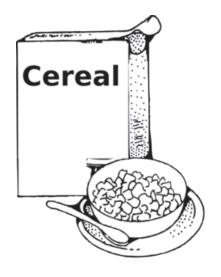


FAST FOOD

**FAST FOOD** 



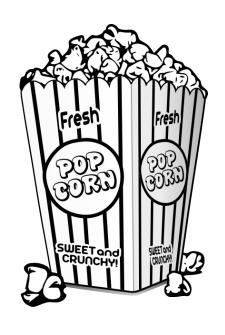


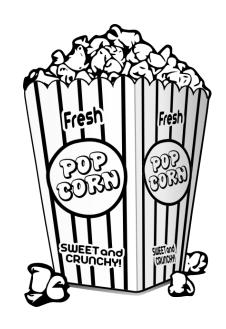


**SUGARY CEREAL** 

**SUGARY CEREAL** 







## MICROWAVE POPCORN

## MICROWAVE POPCORN