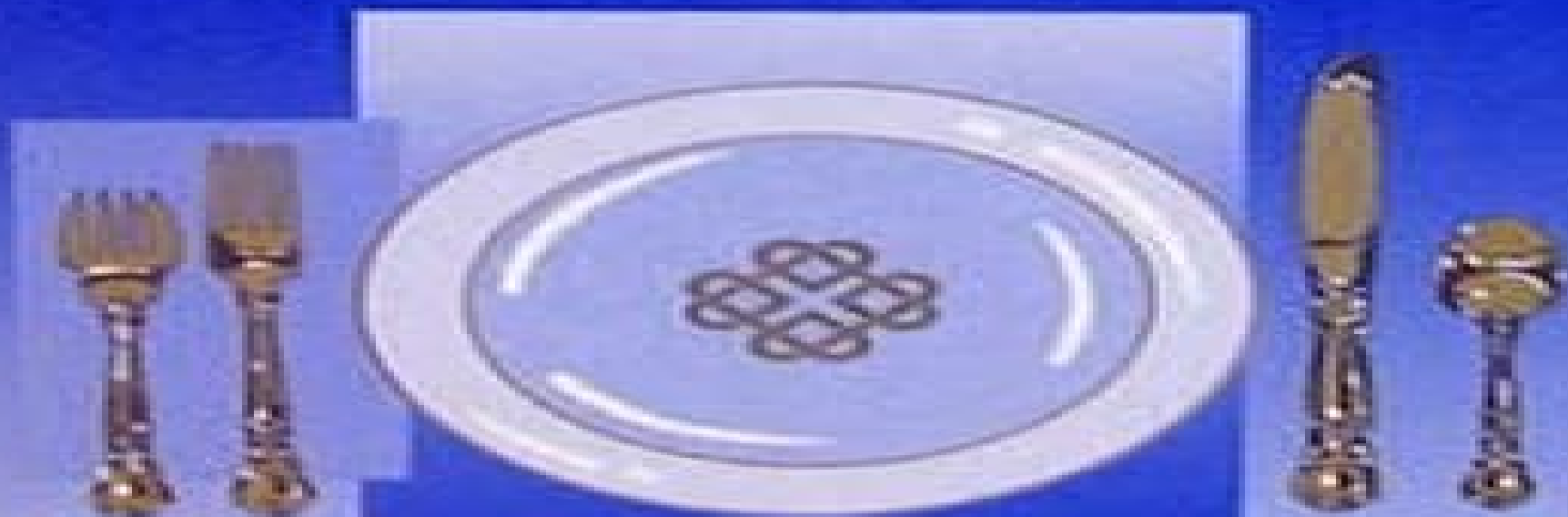


NUTRITION NUGGETS and More!



By Ronda Gates

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