

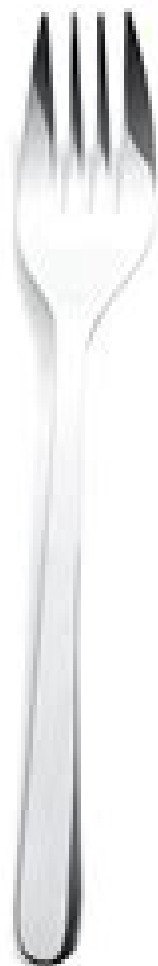
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VEGETABLES**
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2+ SERVINGS

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1-2 SERVINGS

**BEANS &
LENTILS**
3+ SERVINGS

VEGETABLES
4+ SERVINGS



Nutrition For Vegetarians

ML Yell



Nutrition For Vegetarians:

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