	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
M	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
W	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
F	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	

Calories: Starch = 80 Fruit = 80 Dairy = 90
Vegetables = 25 Fats = 45 Protein = 75

	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
M	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
W	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
F	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	

Calories: Starch = 80 Fruit = 80 Dairy = 90
Vegetables = 25 Fats = 45 Protein = 75

	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
M	Starch	❑❑❑❑❑❑	❑❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
W	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
F	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	

Calories: Starch = 80 Fruit = 80 Dairy = 90
Vegetables = 25 Fats = 45 Protein = 75

	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
M	Starch	❑❑❑❑❑❑	❑❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
W	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
T	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
F	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	
	Water	❑❑❑❑❑❑	❑❑	Fats	❑❑	❑❑
S	Starch	❑❑❑❑❑❑	❑❑	Protein	❑❑❑❑	❑❑❑
	Vegetables	❑❑❑❑❑	❑❑❑	Dairy	❑❑	❑
	Fruit	❑❑❑	❑	Sweets	❑	

Calories: Starch = 80 Fruit = 80 Dairy = 90
Vegetables = 25 Fats = 45 Protein = 75