	Water			Fats		
S	Starch			Protein		
	Vegetables			Dairy		
	Fruit			Sweets		
	Water			Fats		
М	Starch			Protein		
	Vegetables			Dairy		
	Fruit			Sweets		
	Water			Fats		
Т	Starch			Protein		
	Vegetables			Dairy		
	Fruit			Sweets		
	Water			Fats		
W	Starch			Protein		
	Vegetables			Dairy		
	Fruit			Sweets		
	Water			Fats		
Т	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 Dai	rv – 90	

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

			 _	
	Water		Fats	
S	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
İ	Water		Fats	
М	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
Т	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
W	Starch		Protein	
ļ	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
Т	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
F	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
S	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	

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

	Water	00000	Fats	
S	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
М	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
Т	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water		Fats	
W	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
Т	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	
Μ	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water		Fats	
Т	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water		Fats	
W	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water		Fats	
Т	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water		Fats	
F	Starch		Protein	
	Vegetables		Dairy	
	Fruit		Sweets	
	Water	00000	Fats	
S	Starch		Protein	
	Vegetables		Dairy	
	Fruit	000	Sweets	

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