

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!

HELLO!

I DON'T EAT SALT, SUGAR, OIL, DAIRY,
OR ANIMAL PRODUCTS

Feel free to create a meal with **any** FRUITS or
VEGETABLES including those listed below

Please add a large plate of cooked vegetables (no salt/oil)

Lettuce	Cabbage	Carrot	Banana
Tomato	Cauliflower	Potatoes	Blueberry
Cucumber	Broccoli	Beets	Orange
Avocado	Green beans	Yams	Pineapple
Mushrooms	Swiss chard	Corn	Strawberry
Onions	Asparagus	Brown rice	Apple

THANK YOU FOR YOUR CREATIVE EFFORTS!