



Healthy for You Nutritionally



Original Nutritionally Yours™

WEEK 1

Original Nutritionally Yours™
Cold Cuts & Cured Meats

- Original Nutritionally Yours™ Cold Cuts & Cured Meats
- 30g of protein per serving
- {csc, UN} yo USA UN b c d s r s c S {csn LrVN

WEEK 2

-V~~A | -cs^rn

- S {cs NAR kV~~Aš `A]N 065N cJLAs dSA dN VcX]Nra aCçT^ Vr caN yVrU ^Noo JUNNoN AaL `Aro™
- LL xNTTVNo rc {csn kV A~VaorNAL™
- Use fresh poultry mArUNn rUAa SnVNLš JAaaA UN^k {cs `A]N UNA^rU cn k dNoonL™

WEEK 3

1csko | 1AaLyVJ

- 4oN ^cyNn ocLVs` `NAroš aAa UN^k {cs `A]N UNA^rU UccoN yVoN^{ AaL yArJU

