

Nutrition

Glue Carbohydrate Tab Here

Glue Protein Tab Here

Simple Carbs:

Animal Protein:

Complex Carbs:

Plant Protein:

Glue Fats Tab Here

Glue Vitamins Tab Here

Saturated Fats:

Fat Soluble
Vitamin A:
Vitamin D:
Vitamin E:

Unsaturated Fats:

Water Soluble
Vitamin C:
Vitamin B:

Glue Minerals Tab Here

Glue Water Tab Here

Iron:

Calcium:

CARBOHYDRATES



PROTEINS



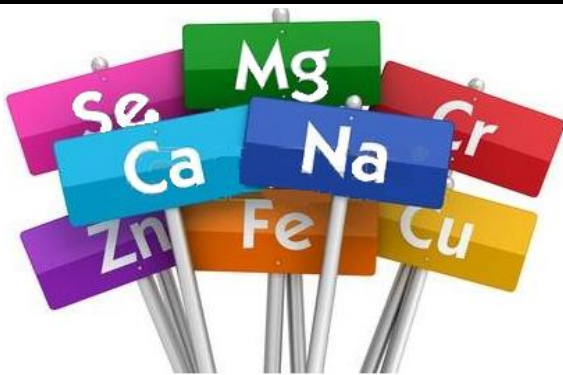
FATS



VITAMINS



MINERALS



WATER

