

to provide energy for the body	2200-2700	2-4	brown rice	plastic
mediterranean diet	8-12/day	swordfish	obesity	proteins
500-800	iodine	FREE SPACE	6.5	lactation
prenatal vitamins	lanolin	paleo diet	protein	constipation
cabbage	more	6-8	nutrients	3-4 hours

proteins	6-8	poultry	iodine	500-800
lactation	swordfish	2200-2700	to provide energy for the body	obesity
plastic	more	FREE SPACE	3-4 hours	nutrients
8-12/day	brown rice	paleo	yoga	prenatal vitamins
6.5	paleo diet	2-4	mediterranean diet	tea

6-8	~500	yoga	8-12/day	3-4 hours
poultry	obesity	WIC	2200-2700	to provide energy for the body
mediterranean diet	6.5	FREE SPACE	plastic	lactation
brown rice	nutrients	iodine	cabbage	paleo diet
tea	Brewers	prenatal vitamins	lanolin	2-4