

to provide energy for the body	2200-2700	2-4	SWORDFISH	paleo diet
lanolin	6.5	protein	nutrients	8-12/day
paleo	prenatal vitamins	FREE SPACE	500-800	more
constipation	dairy	plastic	lactation	obesity
poultry	cabbage	brown rice	mediterranean diet	WIC

500-800	6-8	more	lanolin	lactation
3-4 hours	prenatal vitamins	paleo diet	constipation	dairy
protein	2200-2700	FREE SPACE	to provide energy for the body	mediterranean diet
iodine	8-12/day	WIC	obesity	yoga
paleo	nutrients	poultry	6.5	2-4

lactation	6.5	more	proteins	500-800
~500	yoga	8-12/day	3-4 hours	paleo diet
nutrients	SWORDFISH	FREE SPACE	2200-2700	to provide energy for the body
lanolin	paleo	dairy	constipation	brown rice
obesity	poultry	iodine	2-4	6-8