

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

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

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