

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

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

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