

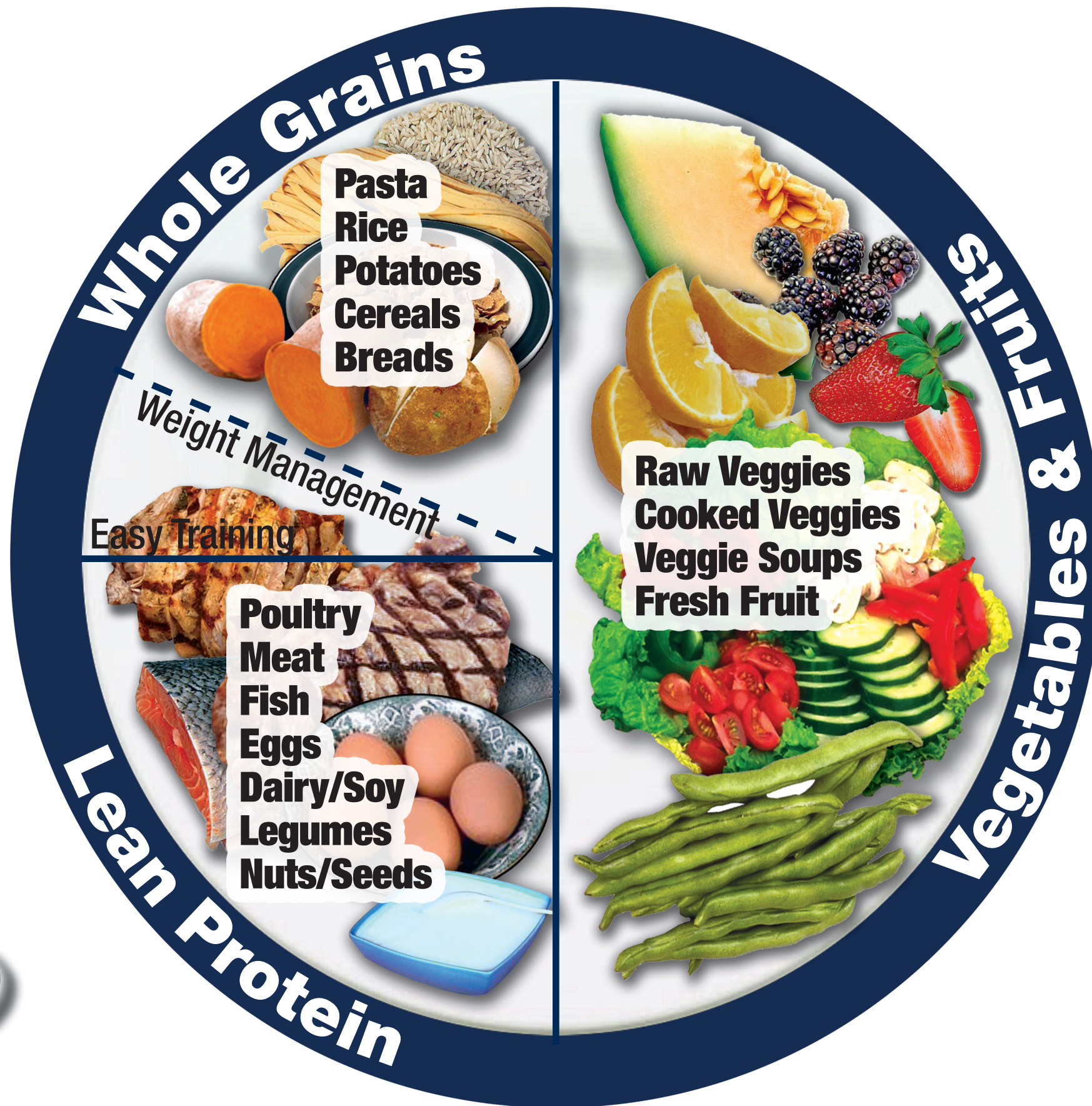
# EASY TRAINING / WEIGHT MANAGEMENT:

## FATS

1-3 Teaspoon(s)



Avocado  
Oils  
Nuts  
Seeds  
Cheese  
Butter



Water  
Dairy/Nondairy  
Beverages  
Diluted Juice  
Flavored  
Beverages



Coffee  
Tea

## FLAVORS

Salt/Pepper  
Herbs  
Spices  
Vinegar  
Salsa  
Mustard  
Ketchup

