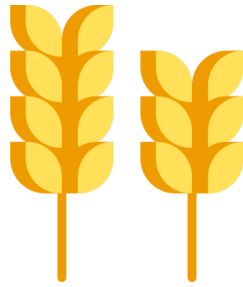




dairy



grains

lentils

chickpeas

tofu

quinoa

leafy greens

legumes

bloating