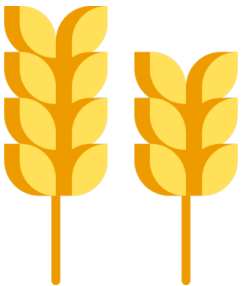


yahaaa.com/s/82060017



dairy



grains

lentils

chickpeas

tofu

quinoa

leafy greens

legumes



bloating