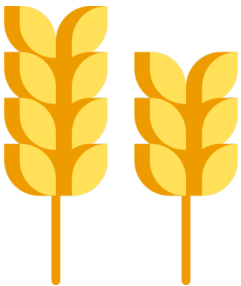


yahaaa.com/s/11860607



dairy



grains

lentils

chickpeas

tofu

quinoa

leafy greens

legumes

bloating