

Abstract

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For garnish, you will need: ☐ Hard-boiled eggs ☐ Apple ☐ Raisin ☐ nut
 (Use at your discretion. But at least add walnuts, walnuts contain lots of healthy fats)
 sandwich: whole wheat bread, turkey, tomato, sliced cheese, lettuce, apples
 (I packed boxes in that region, with lots of ground walnuts)

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NET WT. 32 OZ (2 LBS) 947 g



Nutrition Facts

1000

Nutrient Data		% Daily Value*	
Total Fat	10g	20%	
Cholesterol	100mg	20%	
Sodium	100mg	20%	
Total Carbohydrate	10g	20%	
Fiber	10g	20%	
Protein	10g	20%	

*Percent Daily Values are based on a diet of other people's secrets.

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