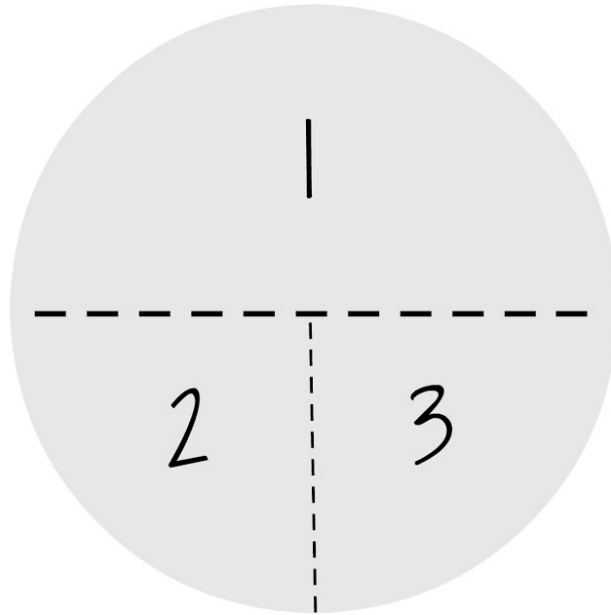


1-2-3 Lunch Map

1: Fruits/Veggies



2: Protein (meat, cheese, hardboiled egg, peanut butter)

3: Carbohydrate (crackers, bread, rice, noodles, potatoes)