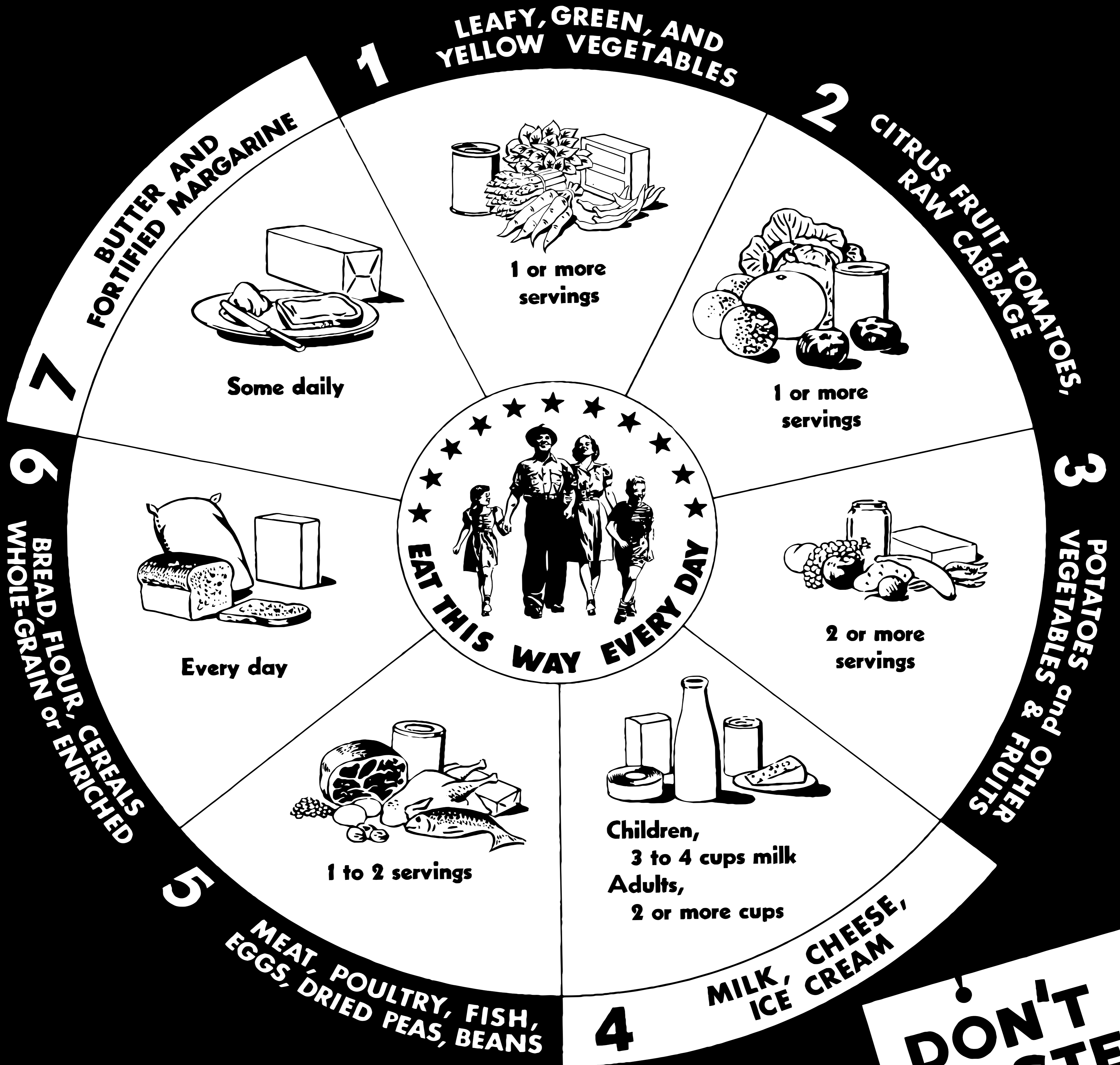


# The Basic Seven ... eat this way every day



**IN ADDITION TO THE BASIC 7...  
EAT ANY OTHER FOODS YOU WANT**

**DON'T  
WASTE  
FOOD**