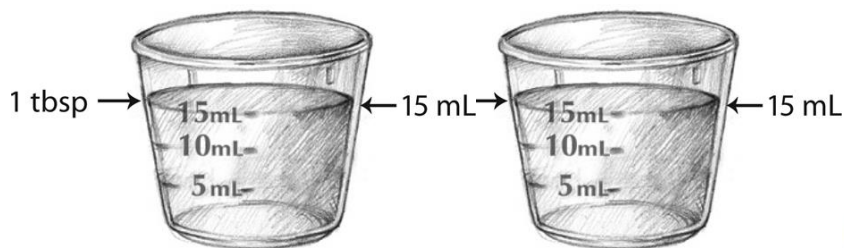
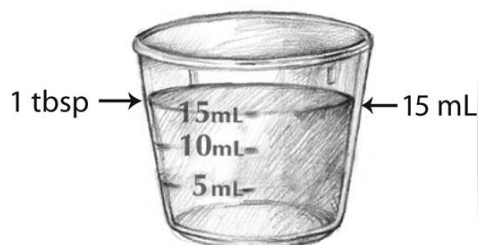




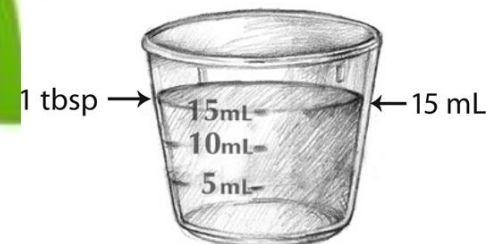
Scan QR code for a diet video refresher



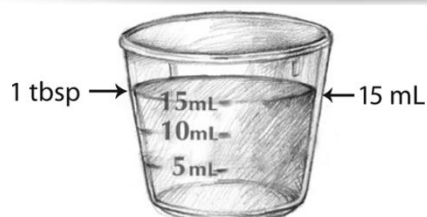
Top of the hour 2 ounces of protein



Every 15 minutes 1-2 ounce regular liquid of your choice



Every 15 minutes 1-2 ounce regular liquid of your choice



Every 15 minutes 1-2 ounce regular liquid of your choice