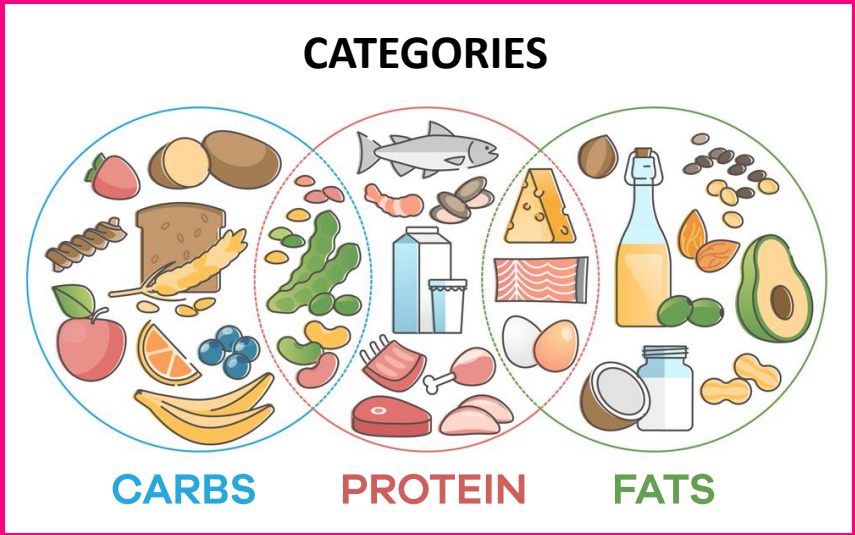
PROJECT BREAD

TO MAKE A SNACK:
PICK 2 CATEGORIES



Examples:

PROTEIN + CARB
Yogurt + Banana

CARB + FAT:
Apples + Trailmix Nuts

FAT + PROTEIN:
Avocado + Cheesestick

CARBS | CARBOHIDATOS	PROTEINS | PROTEÍNAS	FATS | GRASAS
Grain (ex: oatmeal) | Avena	Yogurt, Cheese | Yogur, Queso	Avocado | Aguacate
Vegetable | Vegetales	Hard Boiled Egg | Huevo Cocido	Nut Butter | Mantequilla de Maní
Fruit (ex: banana) | Frutas	Deli Meat | Fiambres	Olives | Aceitunas
Crackers, Toast | Galletas	Cottage Cheese | Queso Cottage	Chia Seed | Semillas de Chía

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