



December 2015

Nuts give you lots of Protein



Sunday

Monday

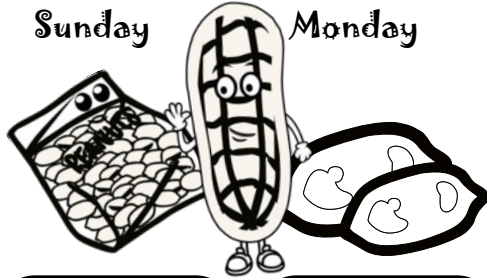
Tuesday

Wednesday

Thursday

Friday

Saturday



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