



W3v	Nwkg7	Y3I1kg7	c l kvl 1kg7	Yo3Q kg7	FQk g7	Wg2
26	27	28	29	30	31	RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN
		RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN		RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN		
	Wgjs A22js g2 Bl ttu g5 OMp Qg07 Ypw I RN	RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN	Dp 22gv DI u w Mg5 v1pkI Ypw I AN	RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN		
	Cwu u 3vp27 E4l v2 Mg5 v1pkI Ypw I RN	RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN	I gvk1 Pv I I gt2o7 Lpk1 Mg5 v1pkI Ypw I RN	RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN		
Dp 22gv DI u w Mg5 v1pkI Ypw I AN			I gvk1 Pv I I gt2o7 Lpk1 Mg5 v1pkI Ypw I RN		RI Q wgt Dp 22gv Cw13t22w I w3Q Mg5 v1pkI Ypw I AN RN	Mg5 v1pkI Dg7 Ypw I AN
	1	2	3	4	5	6



AkQp vvl P tgo  
Dp 22gv

x E62  
I gkQp vvl wtgo 5 gsl rhOv j wu

Bl tp 4l pv 7w3Ql tme w3 g0  
u wQ 2gtl v2l k 2ogv 7w3  
svw5 j gxgi tl wmu wQ  
2ogv 7w3 pu gnpl

AkQp vvl



## FREE NUTRITION SERVICES

DJEYJYJAO

AkQp vvl P tgo

E62

gkQp vvl wtgo 5 gsl rhOv j wu





DAYE K3vl

Rl Q wgt Dp 22gv Cw13t2g2pw I w3Q  
Mg5 v1pkI

a1l g xl Q wgt j w3v1l tprn 1l11pw 2w12gO wO  
j w2v3l 7w3Oxg2o wmg ol gt2b0 Otpn

Cw12

D3Og2pw I w3Q  
Mj g2pw W6wxUp2l wntMg5 v1pkI O c op2  
I wQl Rpsl

DAYE K3vl

I gvk1 Pv l l gt2b7 Lpk1 Mg5 v1pkI

Kwv AkQb vvl m02b0 j tg11 5 op o 2 gj ol 1 s pk1  
gi w32v32Q2pw gvk p2l i l vl r2l

Cw12

D3Og2pw I w3Q  
Mj g2pw W6wxUp2l wntMg5 v1pkI O c op2  
I wQl Rpsl

DAYE K3vl

Wgjs A22gjs g2Bl ttu g5 OMp QgO7

AkQb vvl 4p2l 2bl tp QgO7 2w2 gj o g v32Q2pw  
tl11w gvk u gsl g1vgj s

Cw12

D3Og2pw I w3Q  
Mj g2pw W6wxUp2l wntMg5 v1pkI O c op2  
I wQl Rpsl

DAYE K3vl

Mg5 v1pkI Dg7

Yol W6wxUp2l Yl gu 5 pti l p g2l vkgvj l 2w  
13xxwO2bl j wu u 3vp27

Cw12

D3Og2pw I w3Q  
Mj g2pw W6wxUp2l wntMg5 v1pkI O c op2  
I wQl Rpsl

DAYE K3vl

Dp 22gv Dl u w Mg5 v1pkI

Wax i 7 2w207 wli wntMg5 vvl 1 x p s1  
Vgu xtl 1 5 pti l xOw4pkI k

Cw12

D3Og2pw I w3Q  
Mj g2pw W6wxUp2l wntMg5 v1pkI O c op2  
I wQl Rpsl

DAYE K3vl

Cwu u 3vp27 E4l v2 Mg5 v1pkI

ew30kp 22gv vw2wt7 ol tx1 g22bl 12wO tl 4l t  
i 32w32p 2bl j wu u 3vp27 gl 5l tt

Cw12

D3Og2pw I w3Q  
Mj g2pw W6wxUp2l wntMg5 v1pkI O c op2  
I wQl Rpsl

D.EYJYJAO  
AkQb vvl P tgo

gkQb vvl wtgo 5 gsl rhOv j wu

