

# Recipes

## NUTRITION BREAKDOWN

Fat .....

Protein .....

Total Carbs .....

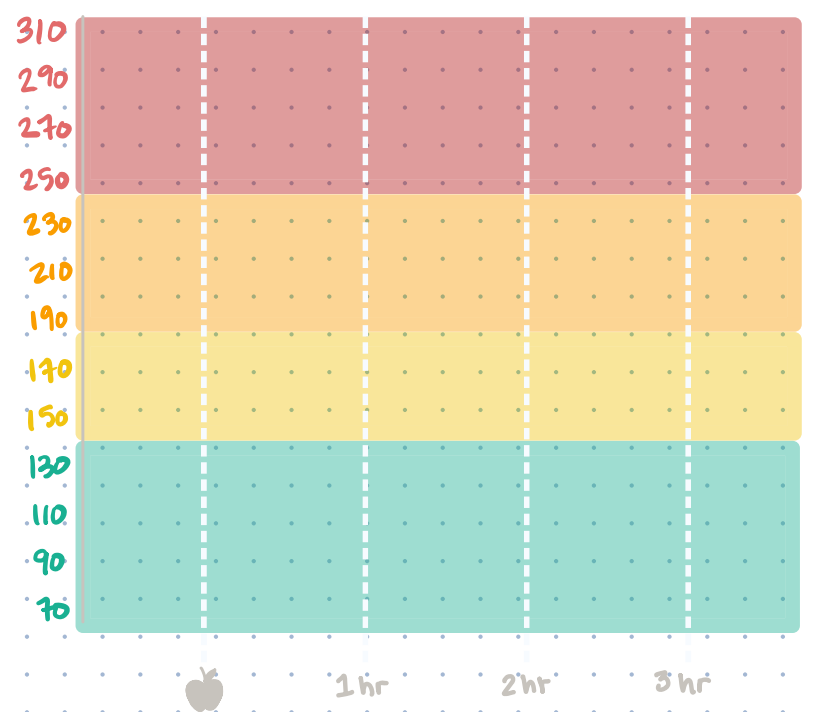
Fiber .....

Sugar .....

## INGREDIENTS

## DIRECTIONS

## GLUCOSE IMPACT



## NOTES