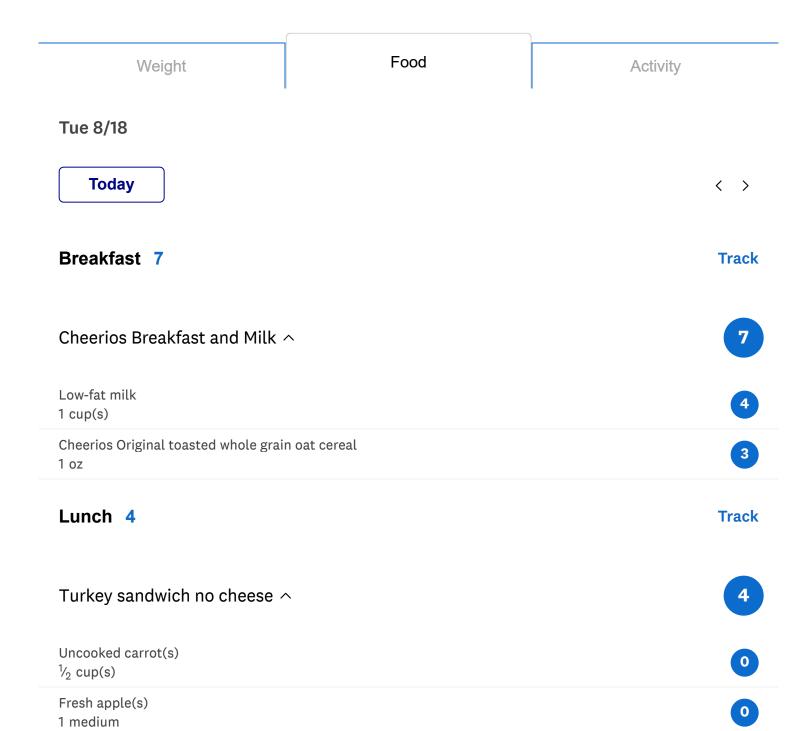


Good afternoon, Mark





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Kirkland Signature 98% Fat free turkey breast slices browned in vegetable oil 2 $\frac{1}{2}$ slice(s)	1
365 Everyday Value 8 Grain bread 1 slice(s)	3
Dinner 10	Track
Cooked broccoli 1/2 cup(s)	0
Cooked lean beef steak 3 oz	3
Plain baked potato(es) 4 oz	3
Low-fat milk 1 cup(s)	4
	Save meal

Snacks Track