

cereals

-  26g Barks/Traces Whiffograph
Shelby's Whisks
-  26g Dances Canasta
Simply Delicious Muesli
-  26g Dances Canasta
Simply Nutty Muesli
-  26g Jamboree Pasture
No Added Sugar Muesli
-  40g Kallag's All-Bean
Garden Crunch
-  26g Kallag's All-Bean Bean Flakes
Chocolate Crunch
-  26g Kallag's All-Bean
Garden Crunch
-  26g Kallag's All-Bean
Fast-Break Crunch
-  26g Kallag's All-Bean
Sustains Bean
-  26g Kallag's All-Bean
Toughy Flakes
-  26g Kallag's Protein!
Power Whiskies
-  26g Kallag's Fruit 'n' Fibre
Nutritional Granola's

- 6. Flinn Crisp Original Thin Crisp
- 7. Flinn Crisp Original Pita Crisp
- 8. Flinn Crisp Plus & White Cheddar Thin Crisp
- 9. On the Border
- 10. Flinn On the Border Peppery Seasoned
- 11. Flinn Dark Pita Original
- 12. Flinn Dark Pita Original
- 13. Flinn Fruit Crunch
- 14. Flinn Fruit & Cheddar Multigrain Pumpkin Seeds & Cheddar
- 15. Flinn Flinn Flinn, all varieties
- 16. Flinn Sunflower Seeds & On the Border Onion
- 17. Wheatables
- 18. Wheatables Seed & Pita Crisp

2000

200g serving (Sautéed Chutney, Soup, Country Vegetable Smoked Bacon & Three Bean)

200g Sautéed Cowl Inspired Soup, Summer Squash & Mascarpone with Giant Butterbeans-Poached Red Pepper & Feta with Black Fiyed Beans

200g serving (Sautéed Favourite Soup, Feta & Fennel/Garlic Soup)

200g soup (Sautéed Favourite Soup, Chicken, Broth)

200g serving (Sautéed Healthy Soup, Autumn Vegetable Soup with Mild Spices/Bean - Bean & Potato/Pot Lentil & Tomato)

200g serving (Sautéed Day Pot Soup, Beefstock, Tomato & Butterbean/ Broccoli, Salmon & Whitebeans/Spiced Beans, Cucumber & Chickpea - Bean/ Tomato, Chopped & Softened)

- 30g Nestle's Biscuits (Shredded) Wheat
- 30g Nestle's Fruitful (Shredded) Wheat
- 30g Nestle's Honey Nut (Shredded) Wheat
- 15 Nestle's (Shredded) Wheat
- 30g Nestle's (Shredded), Cocoa/Original
- 30g porridge oats (unflavoured)
- 30g Four Grains Nuts
- 30g Quaker Oat Crisp (Cereal)
- 30g Wheatena
- Chocolate Spoonbowl
- 30g Wheatena Cereal (Wheat, Fruit & Nut) Strawberry
- Wheatena Cereal (Wheat, Fruit

100

 **Whipped cream spread is a healthy fat**
Extra butters and it's higher in
than their other spread.

[illegible]












11/11/2011 11:11 AM

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- ☐ Veg serving Eastern Vegetarian Soup, smit & Butterbean/Spicy Peas
- ☐ Veg can Eastern Vegetarian Soup, red/wine/onion Tomato
- ☐ Veg serving Indian Farmers' Market from Bham & Red Pepper Soup
- ☐ Veg can Heide/Glasser from Vegetable Broth
- ☐ Veg serving from Concord Garden Soup, yellow Squash & Green Potato/smit & Cucumber/Lentil & Potato/InnovativeOur Best Vegetable from Tomatoes & Bean/Soup Greens

meat & poultry

raw weight	cooked weight	
		beef
40g	60g	beef or steak
40g	80g	extra lean minced beef
10g	60g	veal fillet
		lamb
40g	60g	lamb
		poultry
10g	70g	chicken
40g	80g	duck
10g	70g	turkey

- 2  21 Bonetti Light Caramel Bars, all varieties
- 1  1 Acids Caramel By You Viscosity Caramel Bar, all varieties
- 2  2 Aspen Light PB-Caramel Caramel Bars, all varieties
- 2  2 Honey Monster Size Honeycomb & Milk Chocolate Bars
- 1  1 Kallag's Special K Chewy Delight Caramel Bar, all varieties
- 1  1 Montmora Nutsa Chewy Chocolate Mitten Caramel Bar
- 2  2 Montmora Nutsa Chewy Candy Caramel Bars
- 2  2 Tascio Healing Living Chocolate & Caramel Candy Bars
- 2  2 Tascio Healing Living Apple & Strawberry Candy Bars
- 1  1 Tascio Healing Living Seed, Fruit & Nut Caramel Bar
- 1  1 UrbanCocoa Dark Bar, all varieties

If your driveway is mostly made of asphalt, you can seal it with asphalt sealant. Sealant is a liquid that you can brush or spray on. It fills the cracks and helps to prevent water from getting into them. Sealant also helps to protect the asphalt from the sun and weather. You can find sealant at most hardware stores or online.

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For the overall population, there is a significant association between the frequency of use of the mobile phone and the frequency of use of the internet ($p = 0.000$).

- 20 almonds, shelled and whole, or 2-level-dip flaked almonds
- 6 large nuts, shelled and whole
- 12 cashew nuts, shelled and whole
- 7 chestnuts, shelled and whole
- 2kg cornmeal, fresh, fresh
- 20 hazelnuts
- 2 level dip-branded
- 1 level dip-branded nuts, chopped
- 15 almonds, shelled and whole

Abstract

- 1 1/2kg cookies
- 200kg cookies
- 150kg crab, canned in tins
- 100kg crab, fresh
- 450kg lobster (weighed with shell)
- 1 1/2kg mushrooms
- 150kg octopus
- 125kg prawns, cooked & peeled
- 150kg prawns, raw & shell on
- 150kg scallops, without shells
- 125kg scallops (not in bread crumbs)
- 150kg shrimp
- 150kg squid

dried fruit

- 🌱 10kg apple
- 🌱 10kg apricots, semi-sweet
- 🌱 10kg figs
- 🌱 10kg gold berries
- 🌱 10kg passionfruit
- 🌱 10kg pears
- 🌱 10kg pears, ready to eat/soft

with the same

- 100kg wood
- 100kg plasterboard
- 100kg plaster
- 100kg plasterboard
- 100kg plaster
- 100kg cement
- 100kg plasterboard
- 100kg plaster
- 100kg plasterboard
- 100kg plaster

canned fruit

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- 300g apple slices
- 300g apricots
- 150g breakfast apricots
- 275g pears
- 150g prunes
- 375g raisins

cooked fruit

[illegible]

1	225g baked apple and 1 small flapjack
2	375g apple
3	450g fresh apricots
4	400g blackberries & apple
5	300g blackberries
6	250g blackcurrants
7	300g cherries
8	375g fresh figs
9	350g gooseberries
10	150g green gages
11	300g green gages
12	400g raspberries
13	300g raspberries
14	350g pears
15	400g plums, all varieties
16	150g pumkin
17	350g raspberries
18	350g redcurrants
19	450g rhubarb
20	100g strawberry jam

cheese

- 30g Aris Landkäse, Semi Hard Cheese
- 40g Brie, white
- 30g Casu Marzu
- 40g Camembert
- 30g Cheddar
- 30g Cheese spread
- 30g Cheshire
- 30g Danish Blue
- 30g Derby
- 30g Double Gloucester
- 30g Eaten
- 30g Emmentaler
- 40g Feta
- 40g Full fat soft cheese
- 30g Gouda milk hard cheese
- 40g Gouda milk soft cheese
- 30g Gorgonzola
- 30g Gruyère
- 30g Grosse Paderborn
- 30g Gynese
- 30g Halloumi
- 30g Jarlsberg
- 30g Lancashire
- 100g Low fat cheese, light soft cheese
- 40g Mozzarella
- 30g Parmesan/Parmigiano Reggiano
- 40g Processed cheese
- 30g Red Leicester
- 40g Reduced fat Cheddar
- 70g Reduced fat cheese spread
- 40g Reduced fat Emmentaler
- 70g Reduced fat Feta
- 40g Reduced fat Halloumi
- 40g Reduced fat Mozzarella
- 40g Reduced fat Red Leicester

Online <http://www.elsevier.com/locate/bsbs>

- 1 kgp carp
- 800g herring
- 800g hoppers
- 800g mackerel, canned in tomato sauce
- 800g mackerel, canned in tomato sauce
- 1000g pilchard, canned in tomato sauce
- 800g salmon, canned in tomato sauce
- 800g salmon, fresh
- 800g salmon, smoked
- 700g swordfish, canned in tomato sauce
- 700g swordfish, fresh
- 1000g trout
- 1 kgp tuna in tomato/spring water
- 800g tuna, fresh

chance

- Flag Reduced height soft stream
- Flag Puddle
- Flag Pungent
- Flag Surprisingly free stream
- Flag Sudden, blue
- Flag Sudden, white
- Flag Unconcerned

**Green Day
Healthy Extra
3 Choices
(2014)**

Figure 1

80g	80g	Basmati
80g	80g	germanium
80g	80g	Rice
80g	80g	soya

Figure 1

120kg	80kg	Andrew, only 1 year
120kg	70kg	Kevin (prof. chicken, pig)
80kg	80kg	Kevin (swine)

Green Day Healthy Extras List

TD Snyder



Green Day Healthy Extras List:

Delve into the emotional tapestry woven by Crafted by in Experience **Green Day Healthy Extras List** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Green Day Healthy Extras List Introduction

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