



10.5 medium oranges
Vitamin C (1300 mg)

85 medium bananas
B6 (32 mg)

44 large eggs
Vitamin D (1800 IU)

1 cup cooked spinach
Iron (1000 mcg)



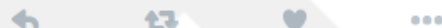
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USANA IS NOW PROSCRIBED BY MANY DR.
S TO GET HEALTHY TO BATTLE COMMON
HEALTH PROB SUCH AS CANCER, AIDS,
DIABETES, thyroid, heart disease

3:49 AM - 31 May 2014



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Trends

- #ALoveStory Promoted by Chipotle
- #AltonSterling
- John Wildhack
- Gretchen Carlson
- #WednesdayWisdom
- #MoreTrustedThanHillary
- #NationalFriedChickenDay
- Corker
- Afghanistan
- Ailes
- House Democrats



10 whole chicken breasts
Zinc (20 mg)

1 serving of yogurt
Calcium (270 mg)

2 cups cooked spinach
Magnesium (300 mg)

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@Jitzguy
MMA,BJJ,Health and Freedom,Fitness,
Joined June 2009