



10.5 medium oranges
Vitamin C (1300 mg)

85 medium bananas
B6 (32 mg)

44 large eggs
Vitamin D (1800 IU)

1 cup cooked quinoa
Folate (1000 mcg)



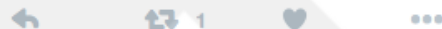
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@Jitzguy



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Did you know type 2 diabetes is reversible
USANA CAN REVERSE TYPE 2 DIABETES
AND ALSO SLOW OR CURE MANY COMMON
HEALTH ISSUES

10:54 AM - 7 Jun 2014



Reply to @Jitzguy

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

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