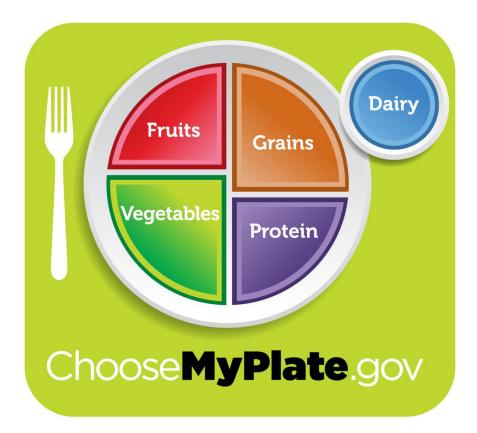


Breakfast:

Three food items on the plate!

And one item must be Fruit.



Lunch:

Must take 3 components minimum!

One component must be Fruit or Vegetable.