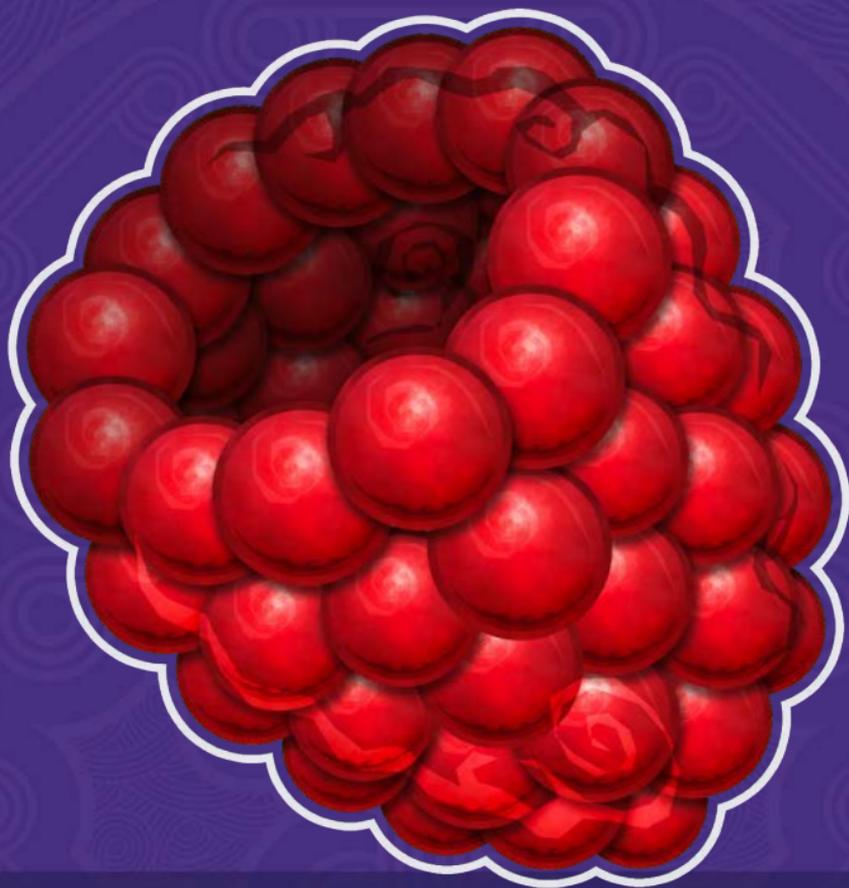




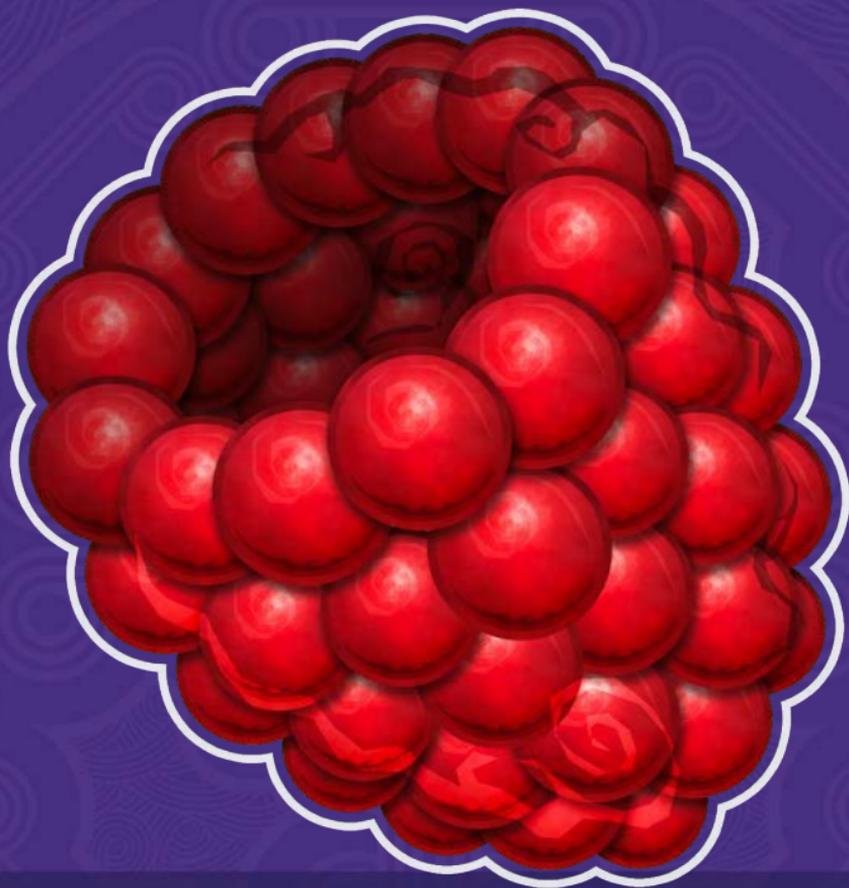
**GARLIC**



**ATOFALAA' KOSOMA'**



**RASPBERRY**



**BISSA' HOMMA'**



**GREEN TEA**



**TII' OKCHÁMMA'LI'**



**HOT PEPPERS**



**НОММАНОММА'**  
**НОМИ'**



**KIWI**



**TAKOLO WOKSHO'**



**LEEK**



**ATOFALAA'**  
**AHOOVA'**



**AVOCADO**



**NIHI' ISHTO'**



**STRAWBERRY**



**BIYYO'KA'**



**SUGAR**



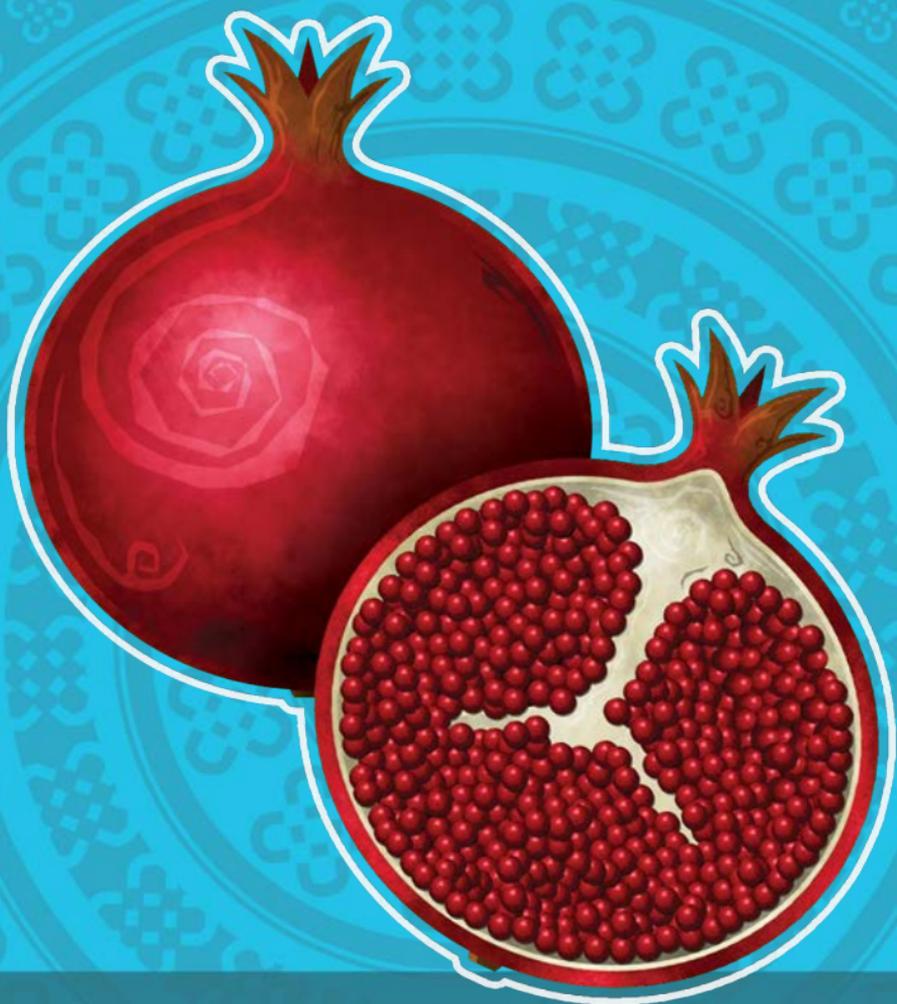
**SHOOKOLA'**



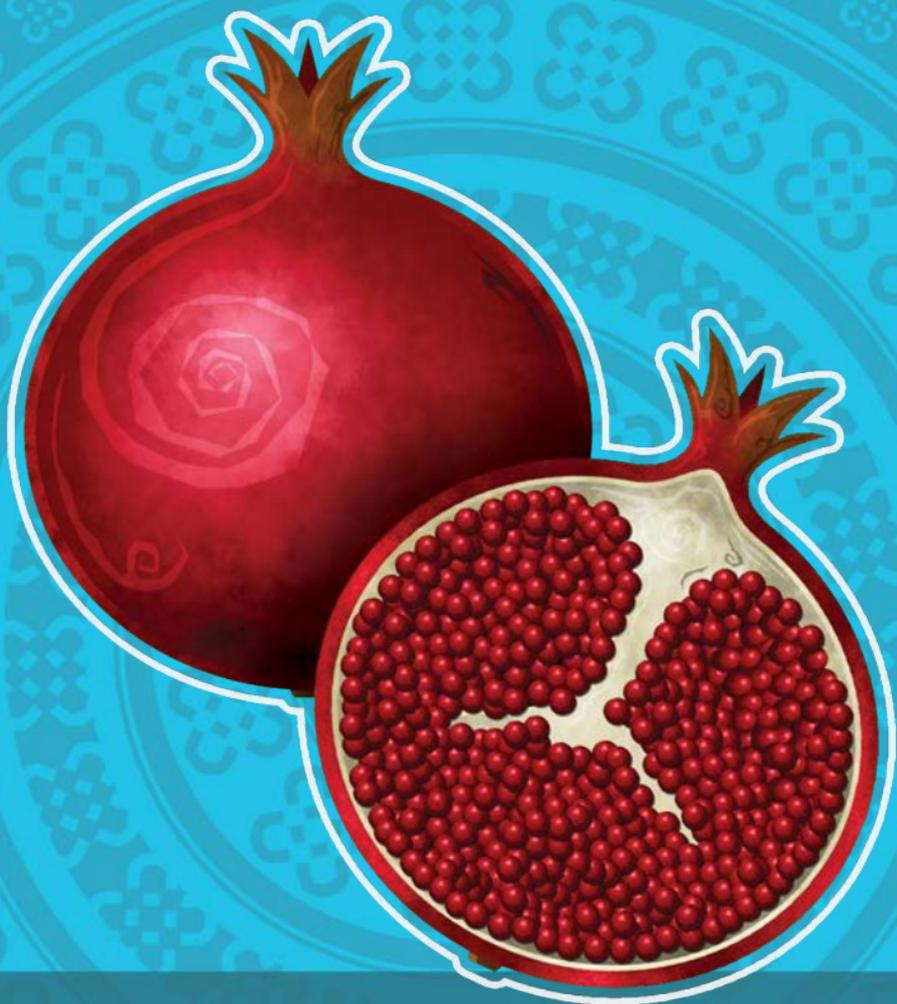
**WALNUTS**



**HAYI**



**POMEGRANATE**



**TAKOLO' NIHI'  
SĀWA'SI'**



**OLIVE OIL**



**AALIF NIHA'**



**SALMON**



**NANI'**



**CINNAMON**



**NAAHOMMA'**  
**BILAMA'**



**HONEY**



**FOHI' BILA'**



**BLACKBERRY**



**BISSA'**



**BARLEY**



**ONOOOSH**



**BLUEBERRY**



**BISSA'**  
**OKCHAMALI'**



**SOY**



**HATTAK  
ILA' IMBALA'**



**SODIUM**



**HAPI'**



**FRESH**



**HIMONA**



**YOGURT**



**PISHOKCHI'  
SOTKO'**



**NUTS**



**NIHI'**



**PEPPERS**



**НОММАНОММА'**



**ACAI**



**YAAKNI'  
BISSA'**



**WATER**



**OKA'**



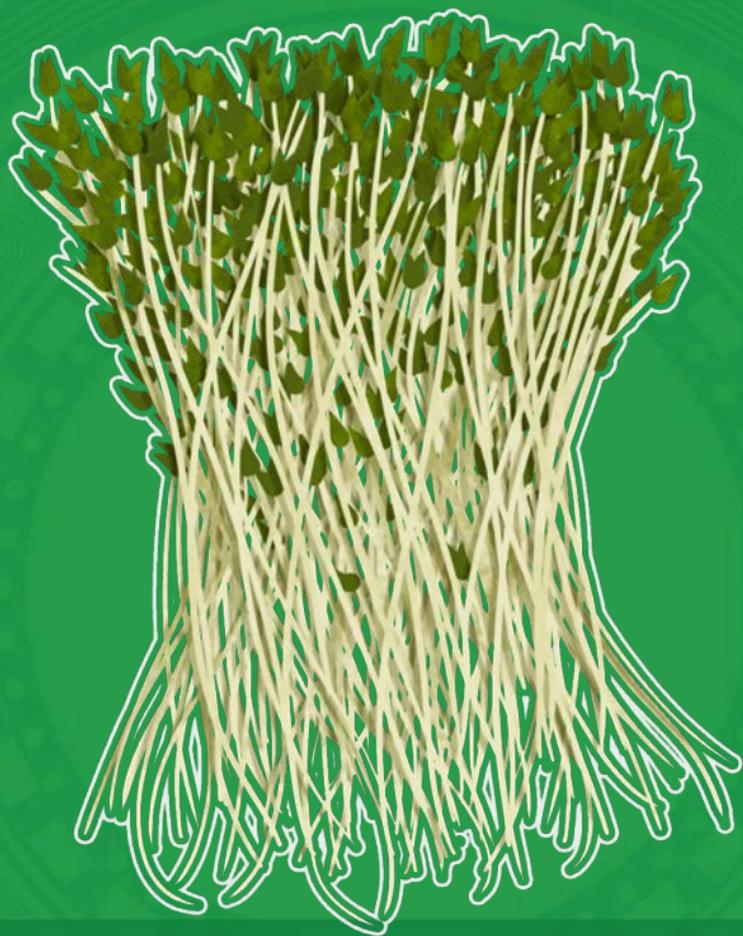
# **SUGAR SNAP PEAS**



**BALA'  
CHAMPOLI'**



**SPROUTS**



**BALA' HOLHFO'**



**BUCKWHEAT**



**TILI'KO' LAKNA'**



**LENTILS**



**BALA'**



**LUNCH**



**TABOOKOLI'  
IMPA'**



**BREAKFAST**



**NITTAKI'**  
**IMPA'**



**DINNER**



**OKBYAKA'  
IMPA'**



**SNACK**



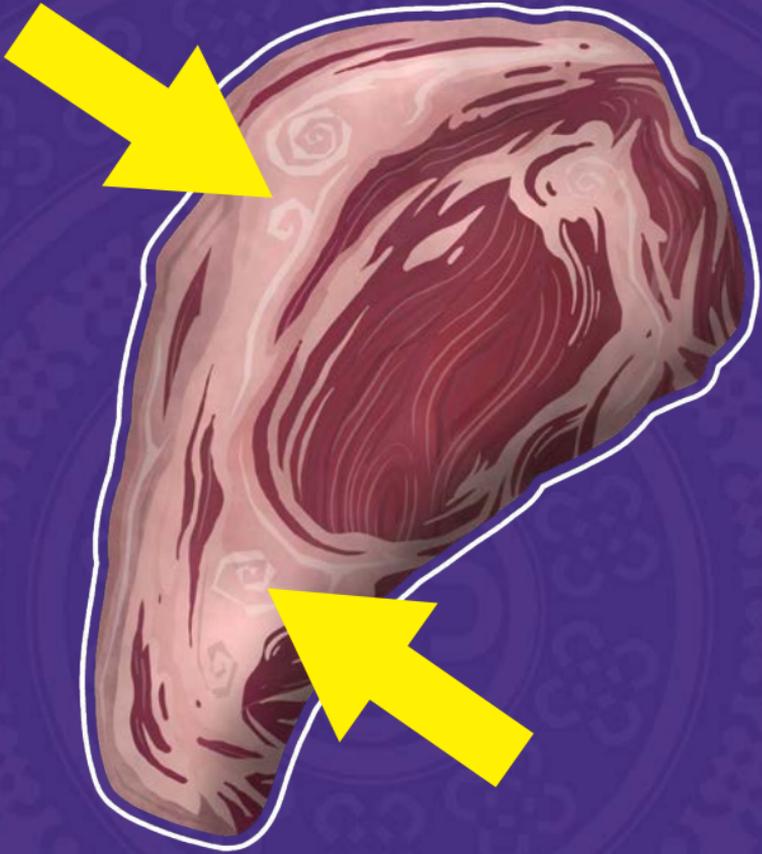
**IMPA'**



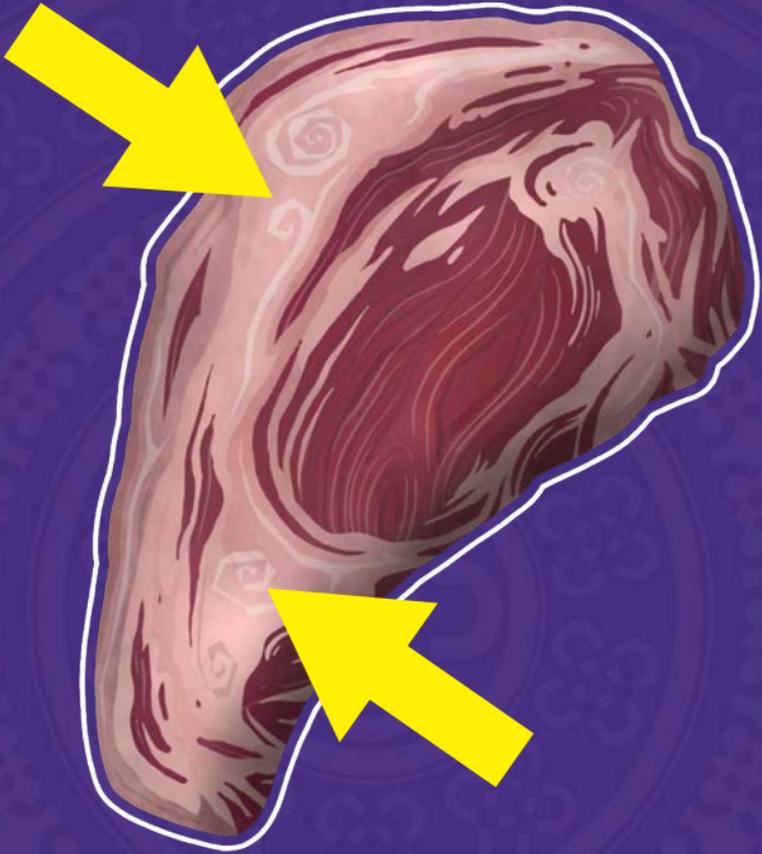
**SEA SALT**



**OKHATA'  
HAPI'**



**FAT**



**NIHA'**



**EAT**



**IMPA**



**MEALTIME**



**NANNA IMPA**