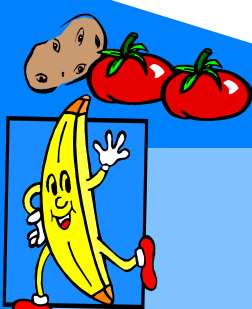


Boys
 15-19 years
"Breakfast"
 Satiety/Fuel
 Time
 4 - 5 hours
 (until next meal)
 \$25.00

(view a sample breakfast)



Boys
 15-19 years
"Lunch"
 Satiety/Fuel Time
 4 - 5 hours
 (until next meal)
 \$25.00



Boys
 15-19 years
"Dinner"
 Satiety/Fuel Time
 4 - 5 hours
 (until next meal)
 \$25.00



Girls
 15-19 years
"Breakfast"
 Satiety/Fuel Time
 4 - 5 hours
 (until next meal)
 \$25.00



Girls
 15-19 years
"Lunch"
 Satiety/Fuel
 Time
 4 - 5 hours
 (until next meal)
 \$25.00



Girls
 15-19 years
"Dinner"
 Satiety/Fuel
 Time
 4 - 5 hours
 (until next meal)
 \$25.00

(view a sample Dinner)