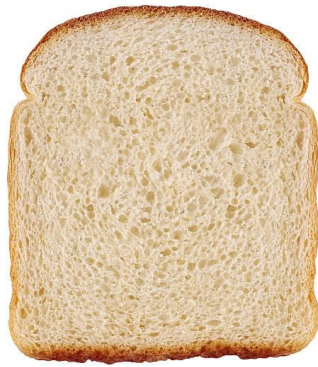
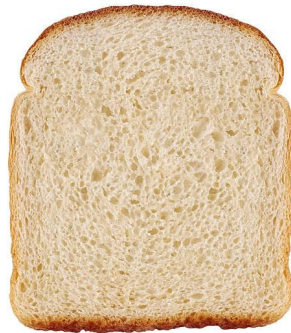
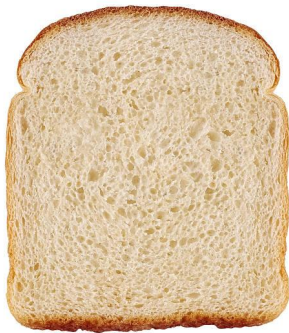
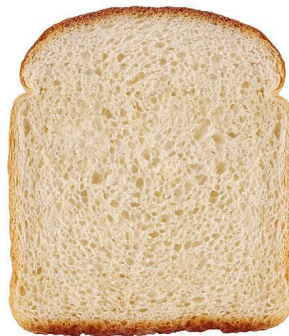
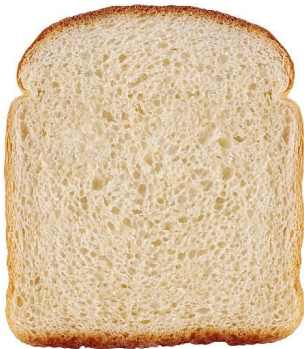




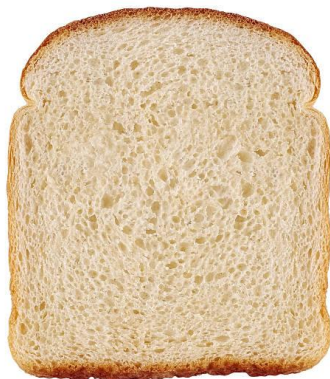
1 slice
bread



2
slices
bread



3
slices
bread





60g
cooked
pasta



150g
cooked
pasta



300g
cooked
pasta



40g
cooked
rice



150g
cooked
rice



200g
cooked
rice



70g
cooked
fish



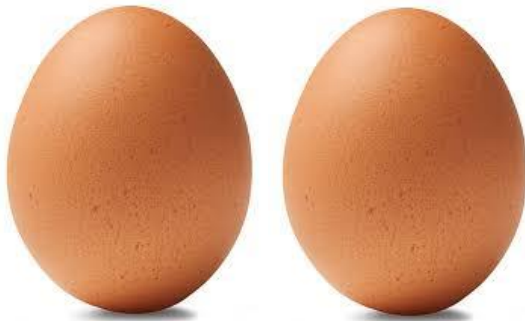
140g
cooked
fish



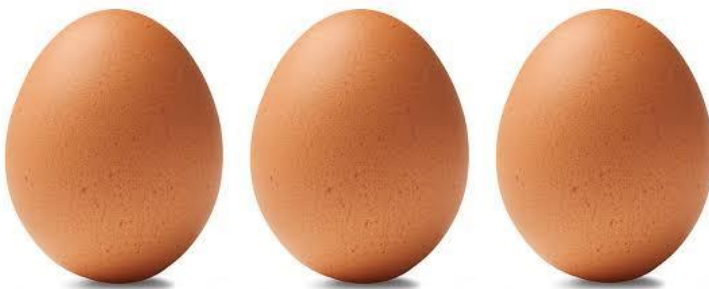
210g
cooked
fish



1 egg



2 eggs



3 eggs



50g lentils
or beans



150g
lentils or
beans



300g
lentils or
beans