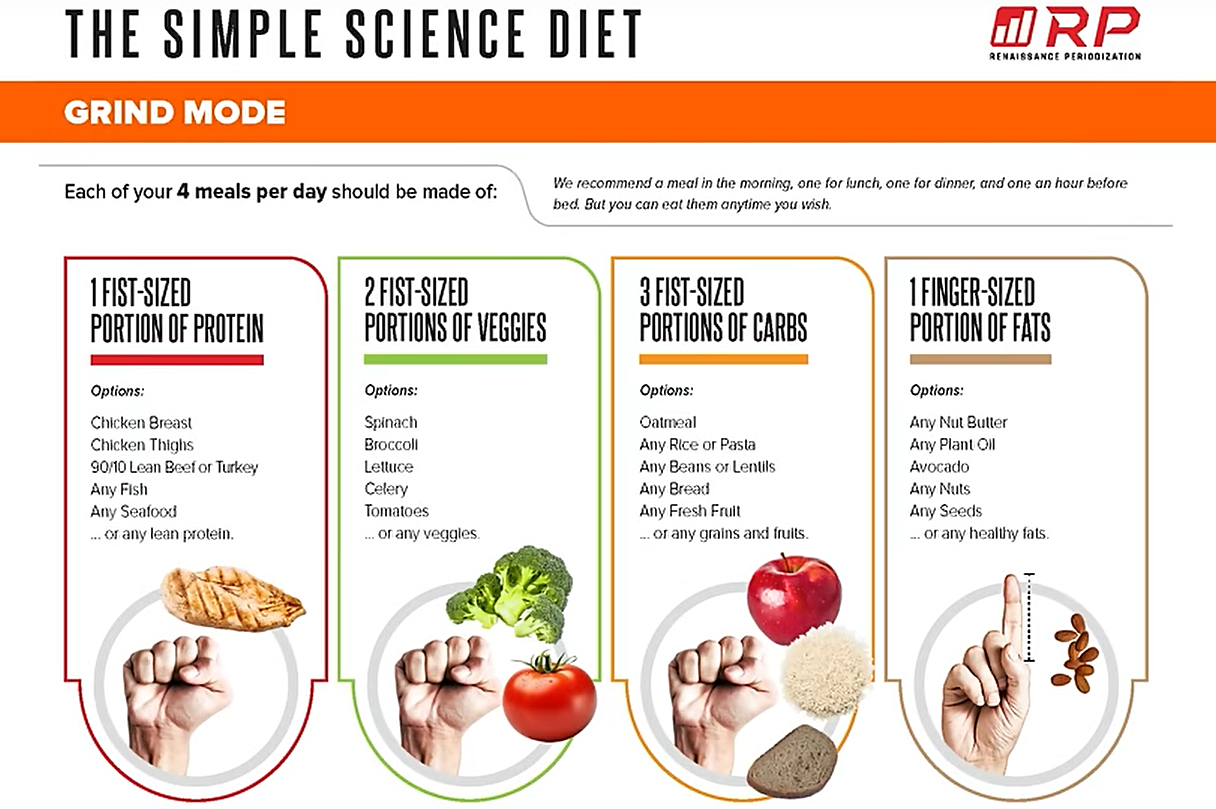
**Choosing Healthy Foods**

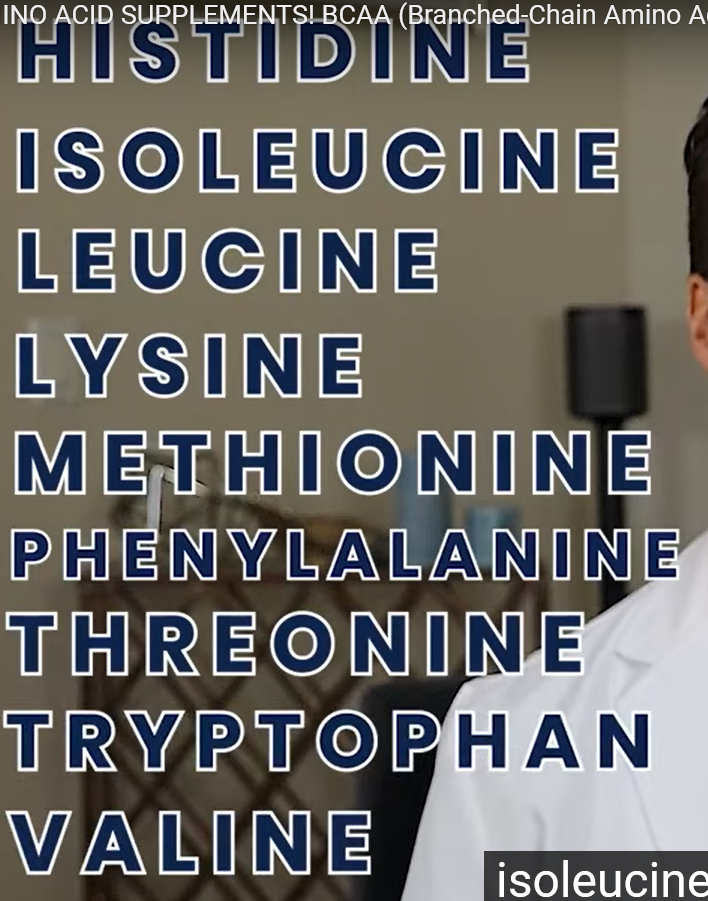
**In order of importance**

* Lean proteins
* Veggies
* Fruits and grains
* Healthy fats

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In cases where you need to eat something, but don’t have time for a whole meal, start with lean protein, then a vegetable, and so forth.



**Nine Essential Amino Acids**