



Healthy for You and Your Family



Original USDA Approved Aro™

WEEK 1

nNALo B Oc^A
Cold Cuts & Cured Meats

- VroN`S`n ^cyNn ocLVs`
- 3oAd\$`kcs/cæLVs`
- {c\$, UNyo UsAUN bcds/rsçS
{csn LrVN

WEEK 2

-V~~A | -cs^rn

- S {cs NAR kV~~Aš `A]N 06Sn cJLAs dSA dN VcX]Nra æCçT`
Vr caN yVrU ^Noo JUNNoN
AaL `Aro™
- LL xNTTVNo rc {csn
- Use fresh poultry
mArUNn rUAa SnVNLš JAaa
cn kđNoonL™

WEEK 3

1csko | 1AaLyVJ

- 4oN ^cyNn ocLVs` `NAroš
AaL UN^k {cs `A]N UNA^rU
UccoN yVoN^{ AaL yArJU

