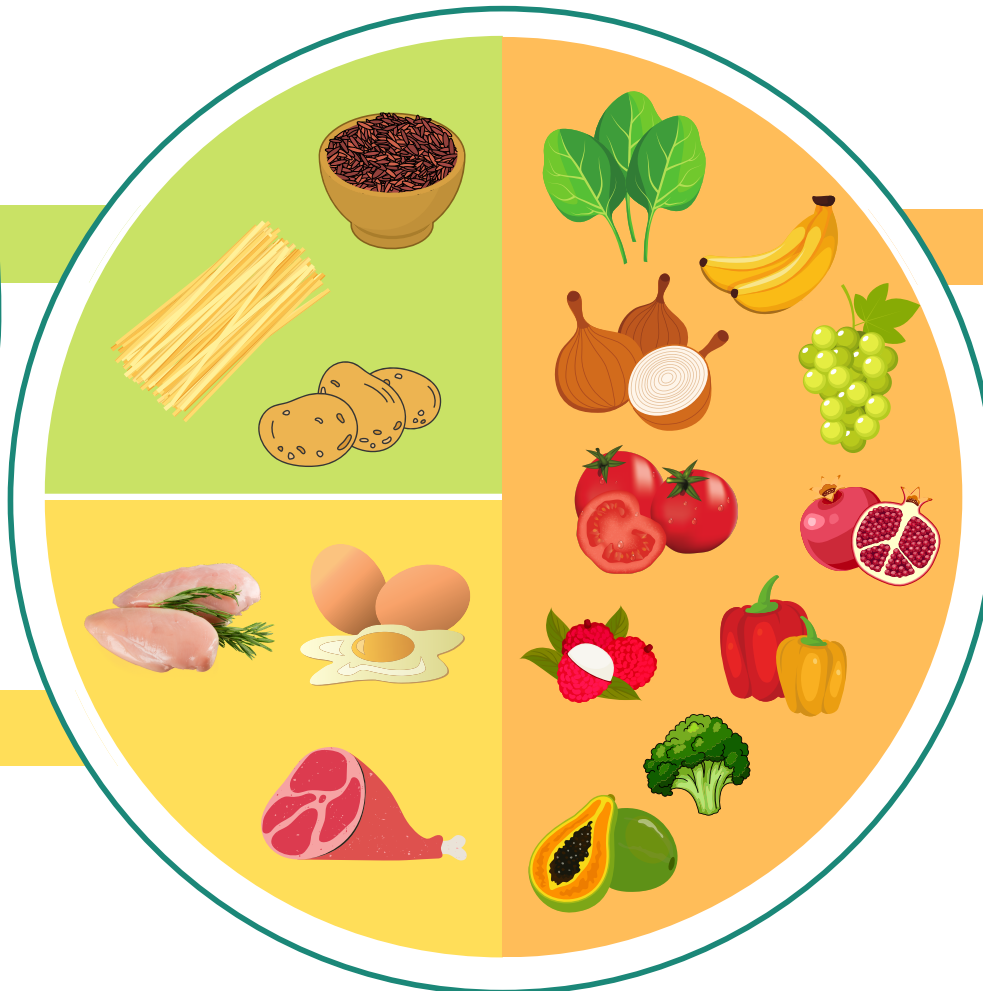


Portion Control: Somali Plate



Carbohydrates

- Rice
- Spaghetti
- Pasta



Fruits / Vegetables

- Spinach
- Tomatoes
- Mangoes
- Papaya
- Bell Pepeprs
- Borrocoli
- Banana
- Lychee
- Chilli's
- Pomegranates
- Watermellon
- Onions



Protein

- Chicken
- Meat
- Eggs

