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5. Go Lean With Protein. Eat Lean Or Low-fat Meat, Chicken, Turkey And Fish. Also, Eat More Beans And Peas. Add Chick Peas, Nuts Or Seeds To A Salad; Pinto Beans To A Burrito; Or Kidney Beans To Soup. 6. Change Your Oil. We All Need Oil. Get Yours From Fish, Nuts And Liquid Oils Such As Co Mar 3th, 2024

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Participated.The Game Was Played In True Spirit. It Was A Difficult Task To Select The Best Players.as All Of The Players In Each Of The 3 Individual Grades Played As A Team. Congratulations To The Coaches. The Awar Jan 2th, 2024

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