Dietary Restrictions

NO: Salt, Oil, Sugar, Flour, Dairy, or Animal Products

YES: Vegetables, Fruits, Grains, Potatoes, or Beans

Suggestions:

1. **Plate of raw vegetables and fruit; no dressing, no croutons, no nuts**
2. **Plate of steamed vegetables with beans, potatoes, or brown rice; no sauce, no coconut, no tofu**

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