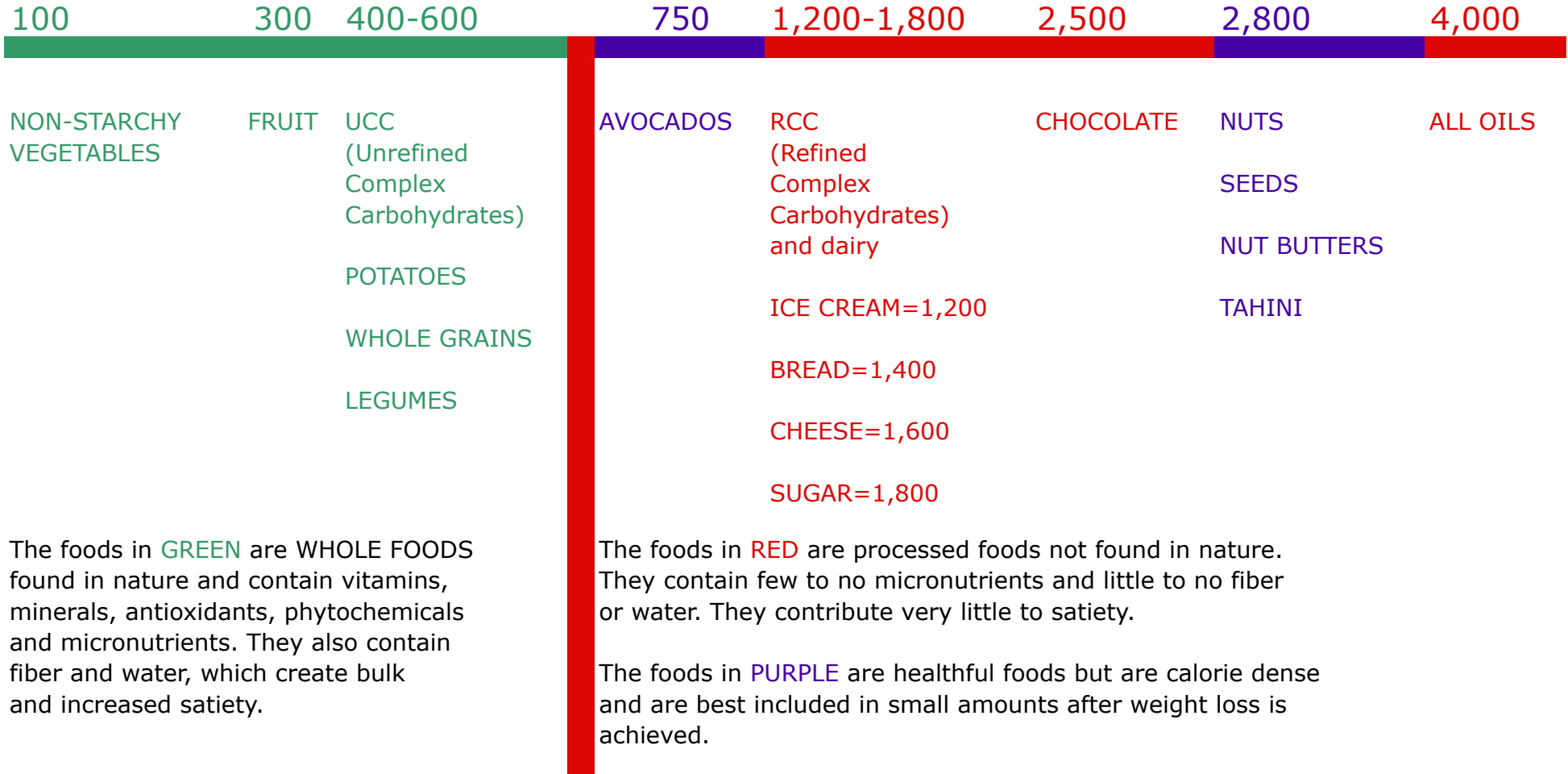


CHEF AJ CALORIE DENSITY CHART

Average calories per pound



For weight loss, weight management and optimum health:
EAT TO THE LEFT OF THE RED LINE.