

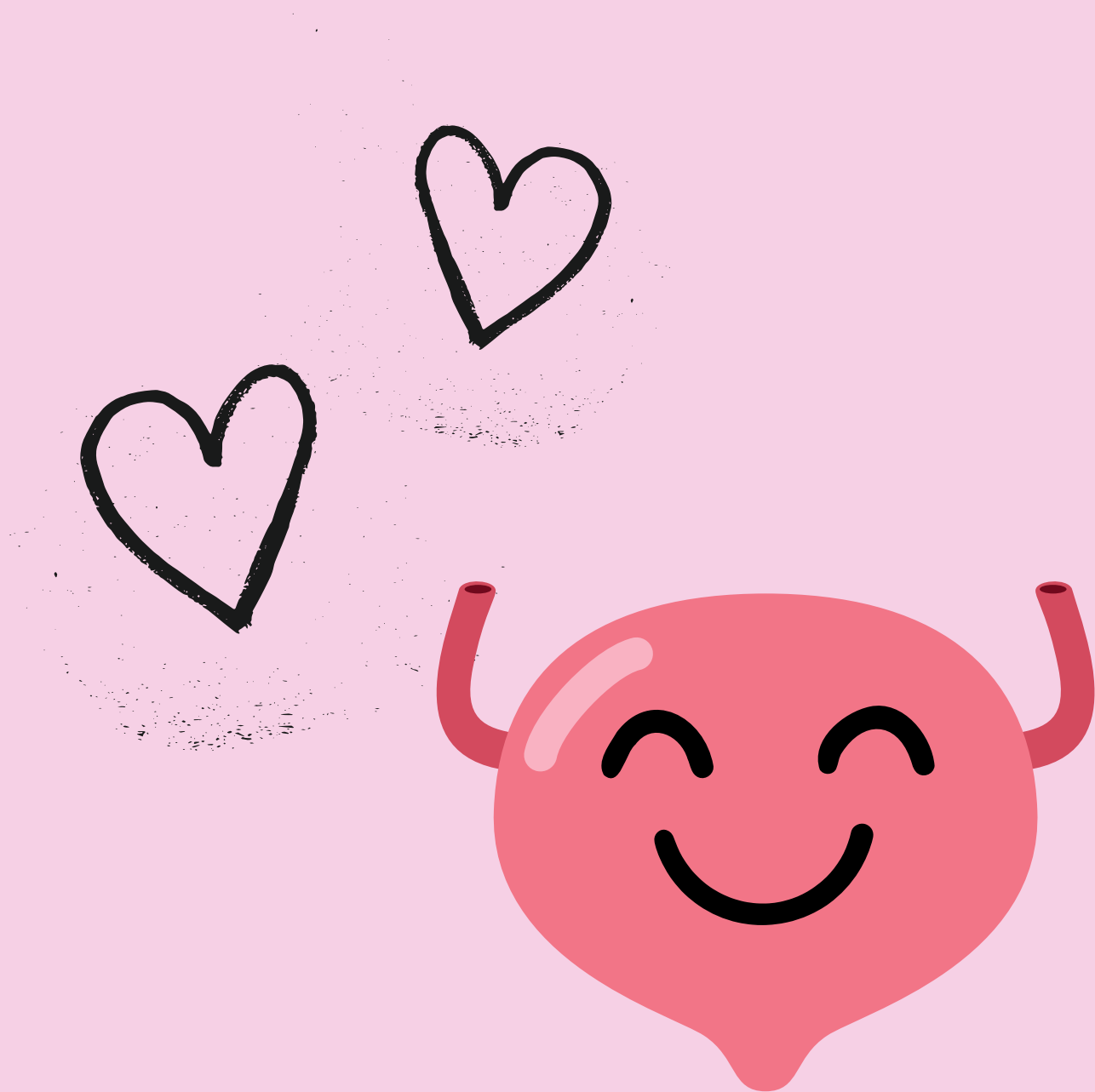
Nutrition valentines cards to send to your loaf-er



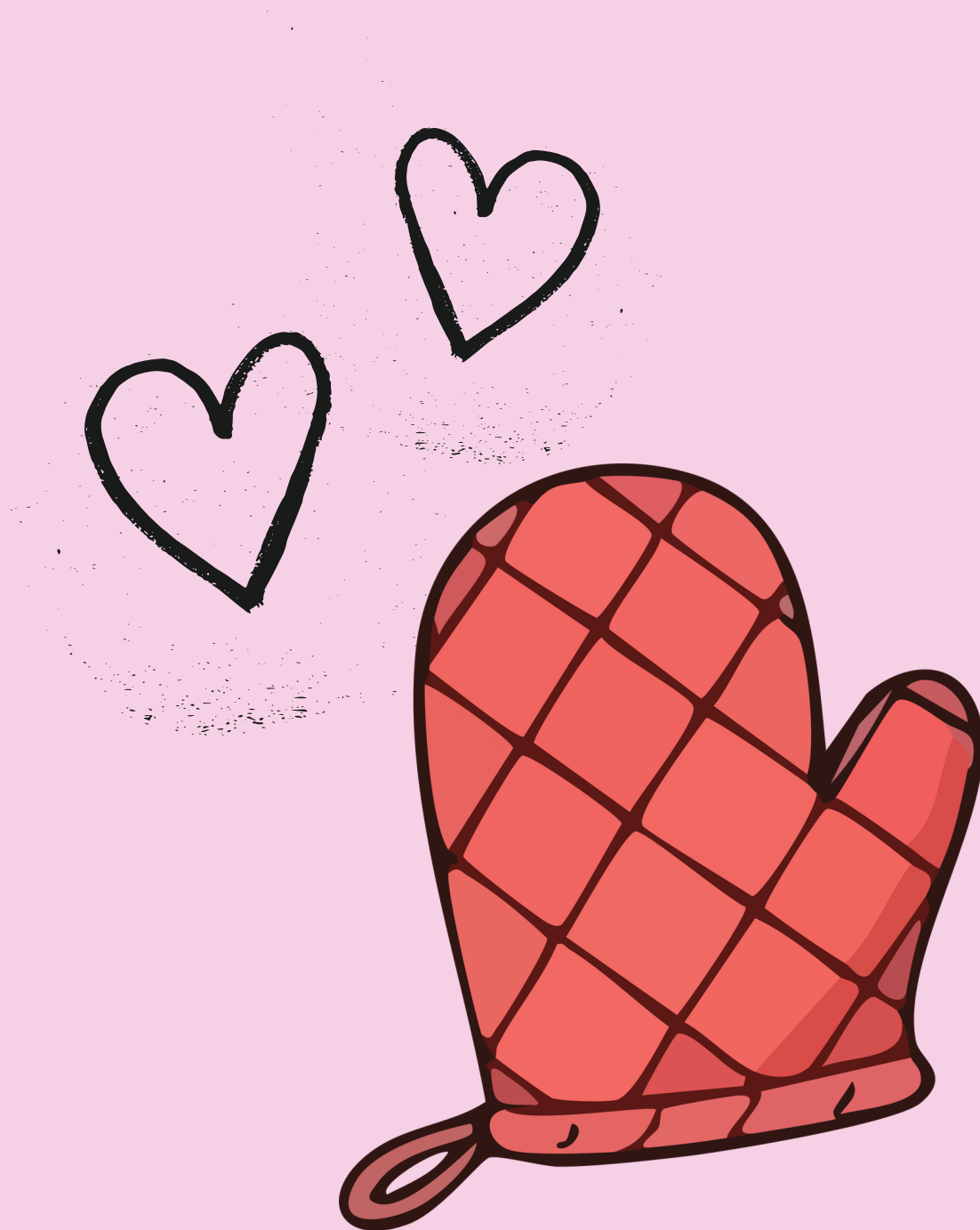
swipe at your own risk



**Are you a diuretic?
Becuase you make me
hap-pee :)**



**You're so hot, I'm going
to need my lovin mitts to
handle you**



**Are you oatmeal?
Because I think you
should go
oat with mealready**



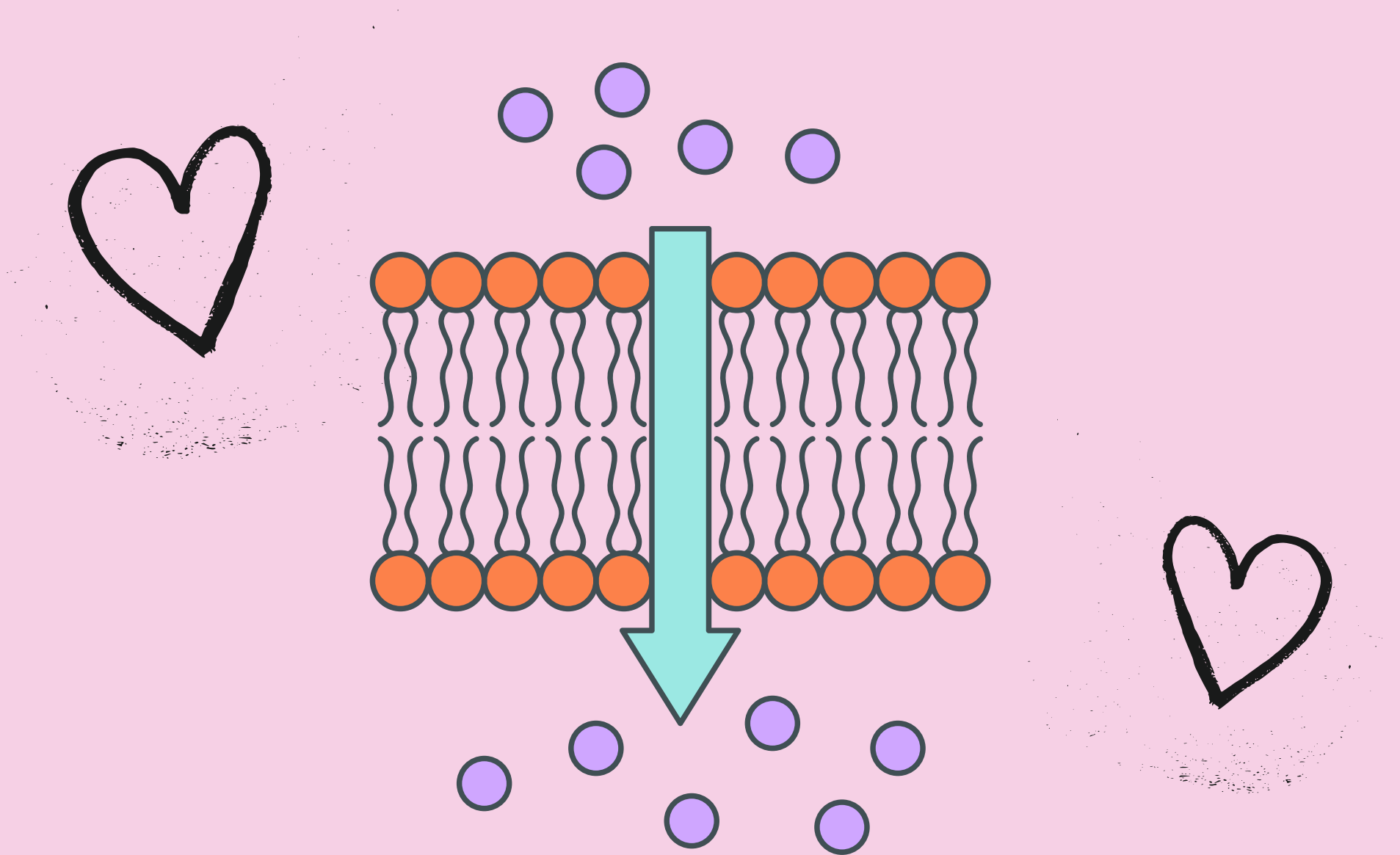
Vitamin B9?
More like vitamin be mine



**Roses are red
Psyllium is goo
If you're constipated
It can help you poo**



**You must be passive
movement of water
across a cell membrane,
because you are
awesomosis!**



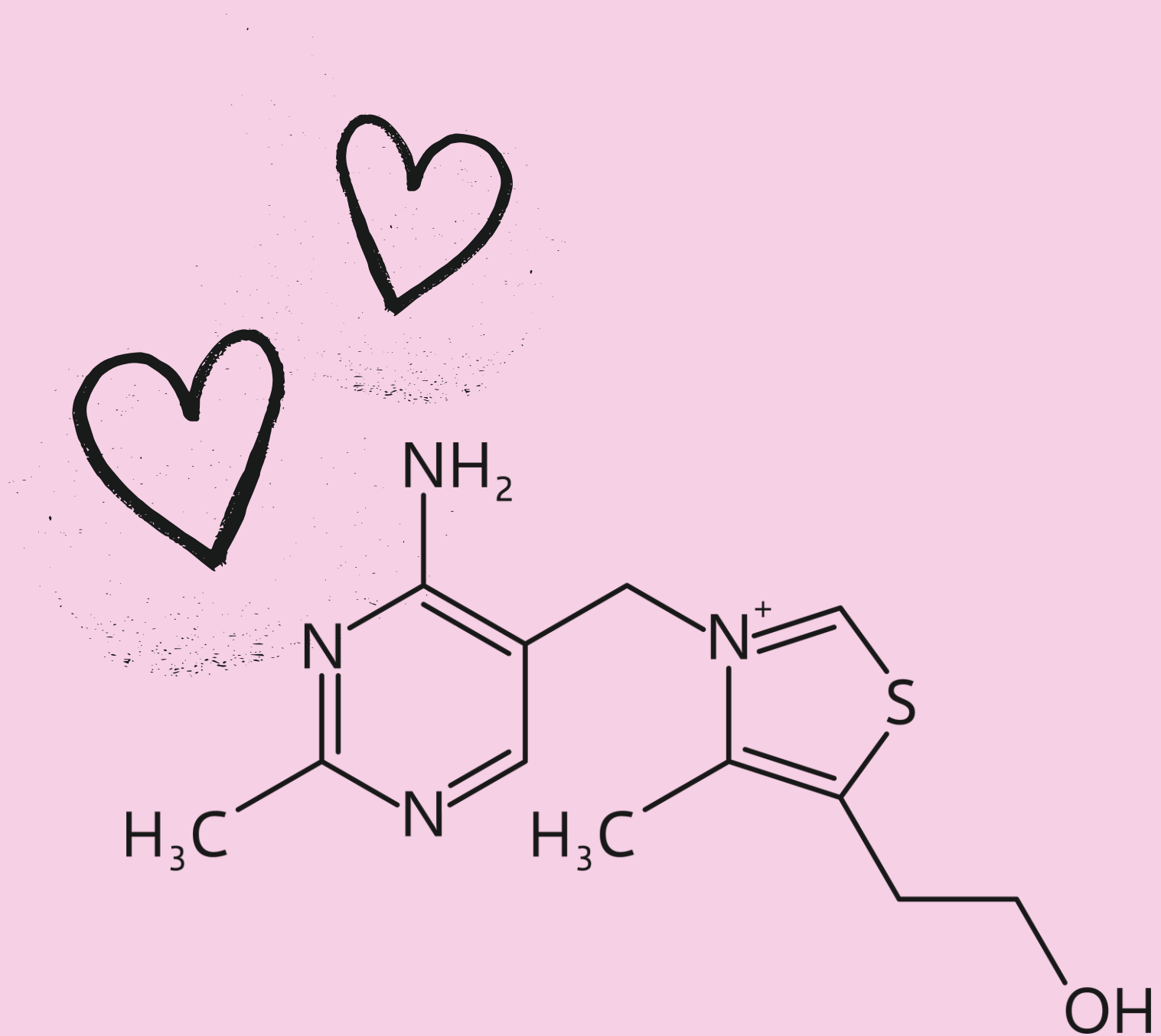
**Are you mitochondria?
Because you are the
powerhouse of my cells**



**Peas chick my pulse
because hummust be
dreaming**



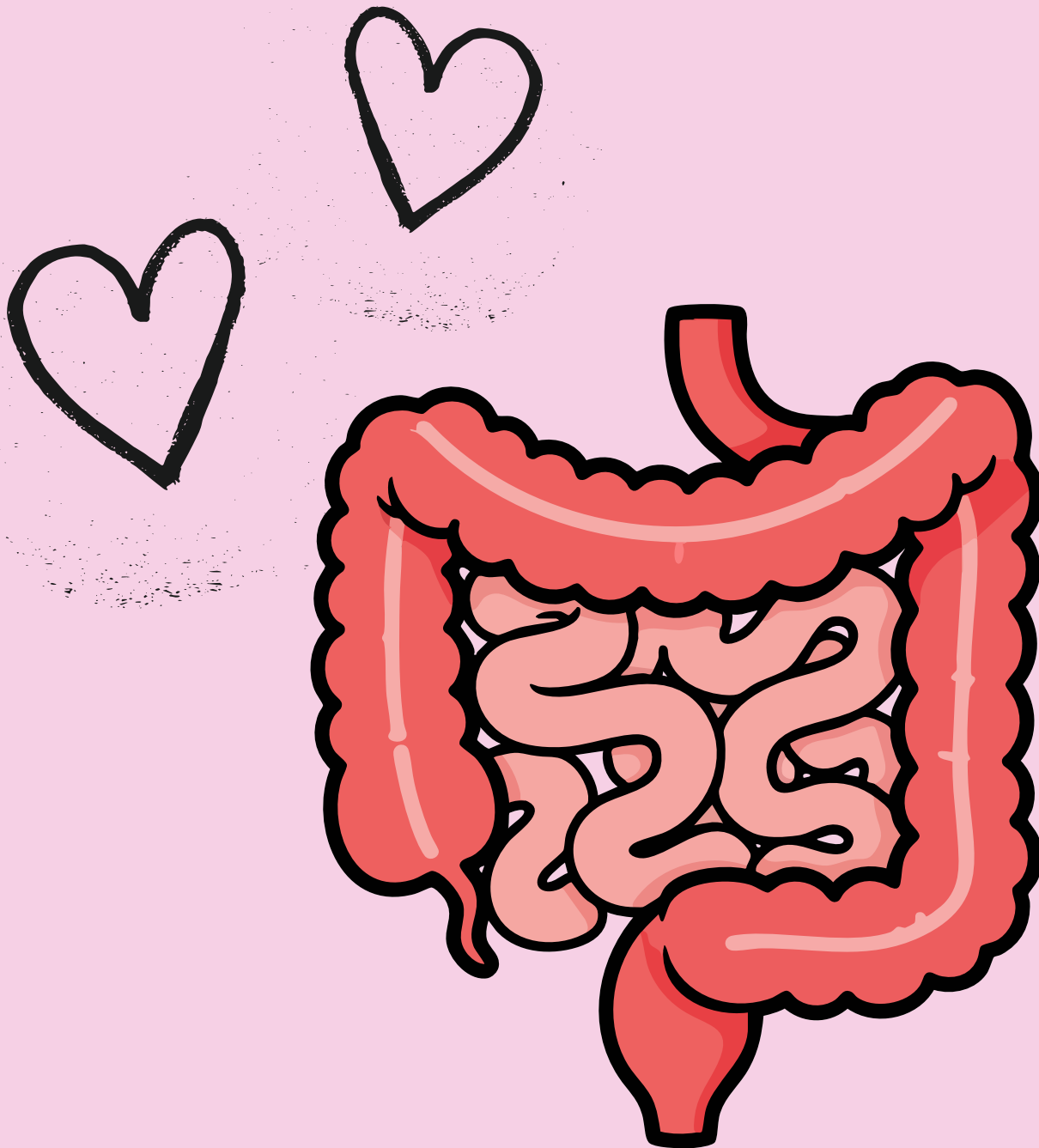
Are you vitamin B1?
Becuase thiamin love
with you



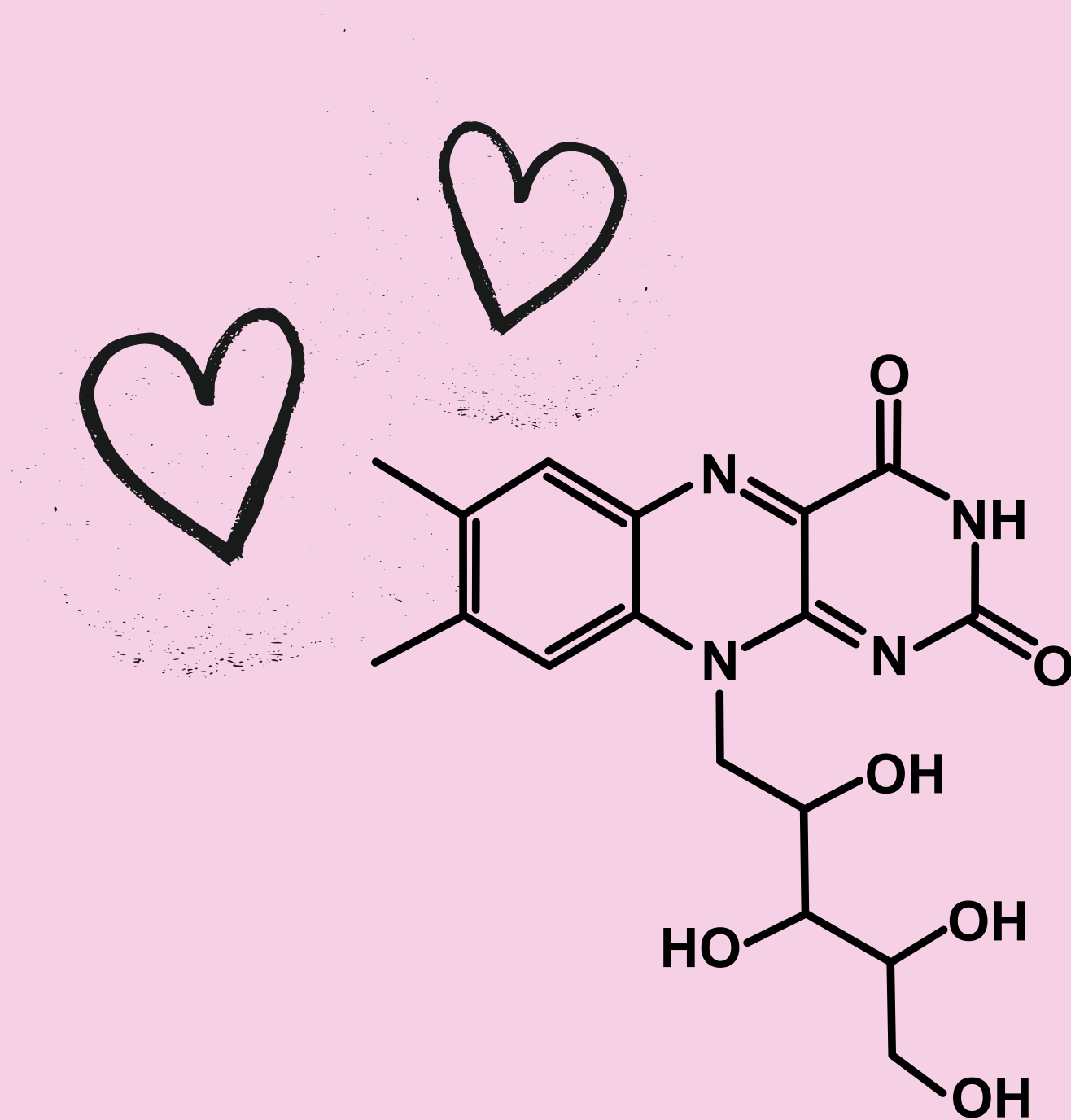
**If you were tea you'd be
earl greyt**



Are you soluble fiber?
Because my gut tells me
you're good for my heart



Are you vitamin B2?
Becuase I'm ribof-lovin you



Hey
I zinc you're really cool

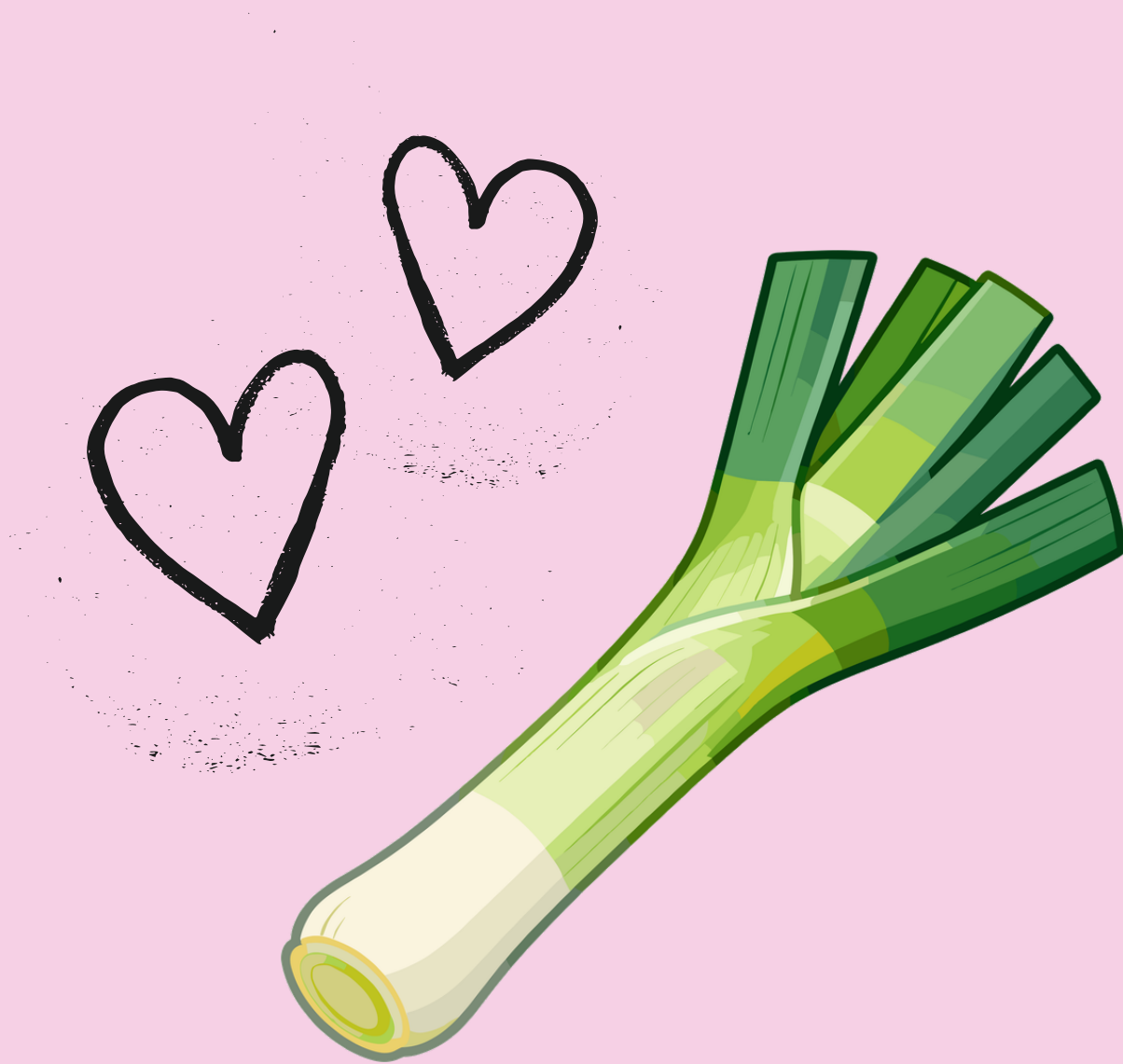


Are you a potato?

**Because I want you for
the russet of my life**



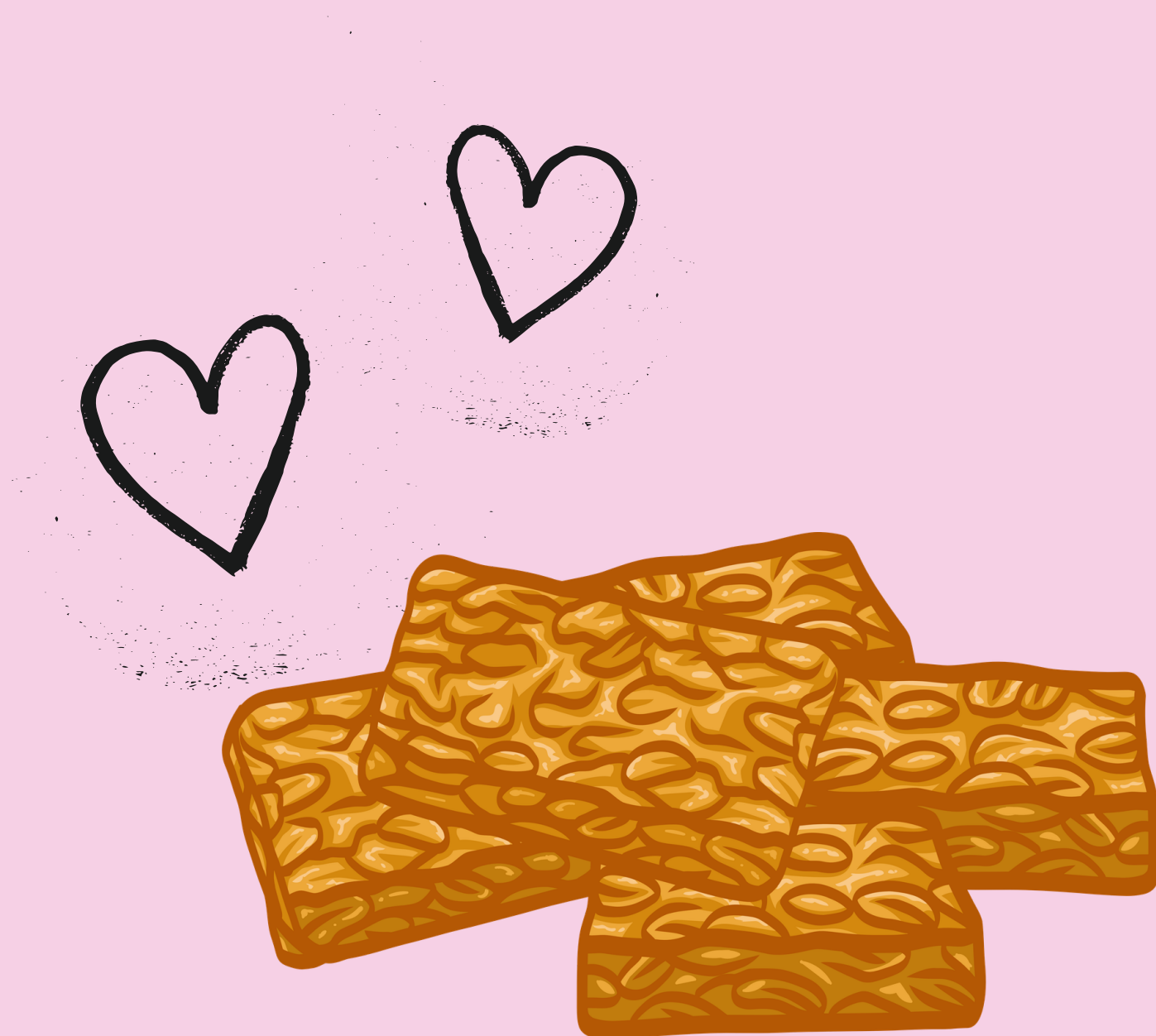
You are out of my leek



**If you were a condiment
you'd be barbecue sauce**



**You make my
tempehture rise**



**iodine know what I'd do
without you**



Are you creatine?
Becuase a daily dose of you
makes me feel strong and
energized!



**Round of apple-ause for
you, valentine!**

