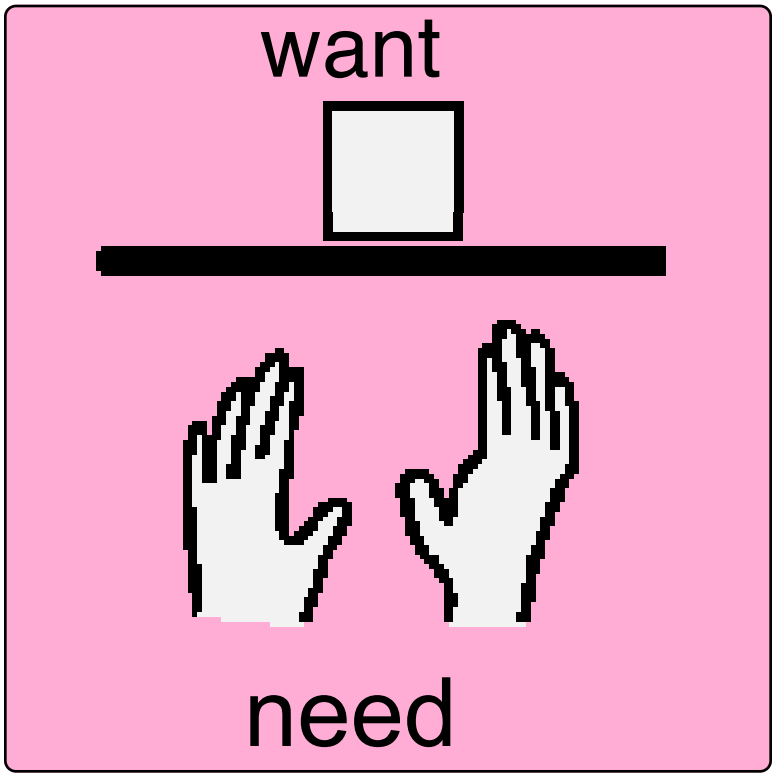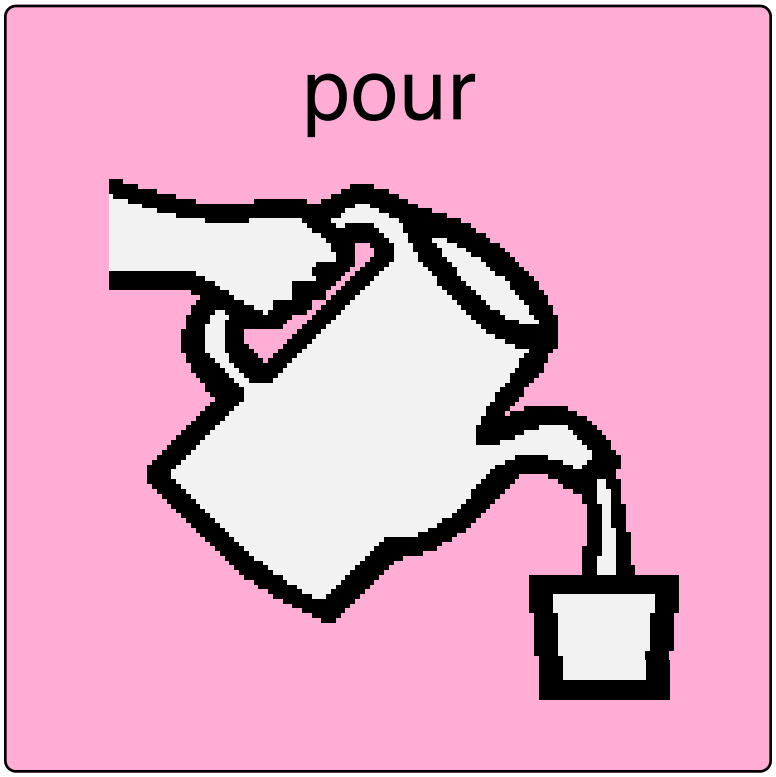Mealtime-16