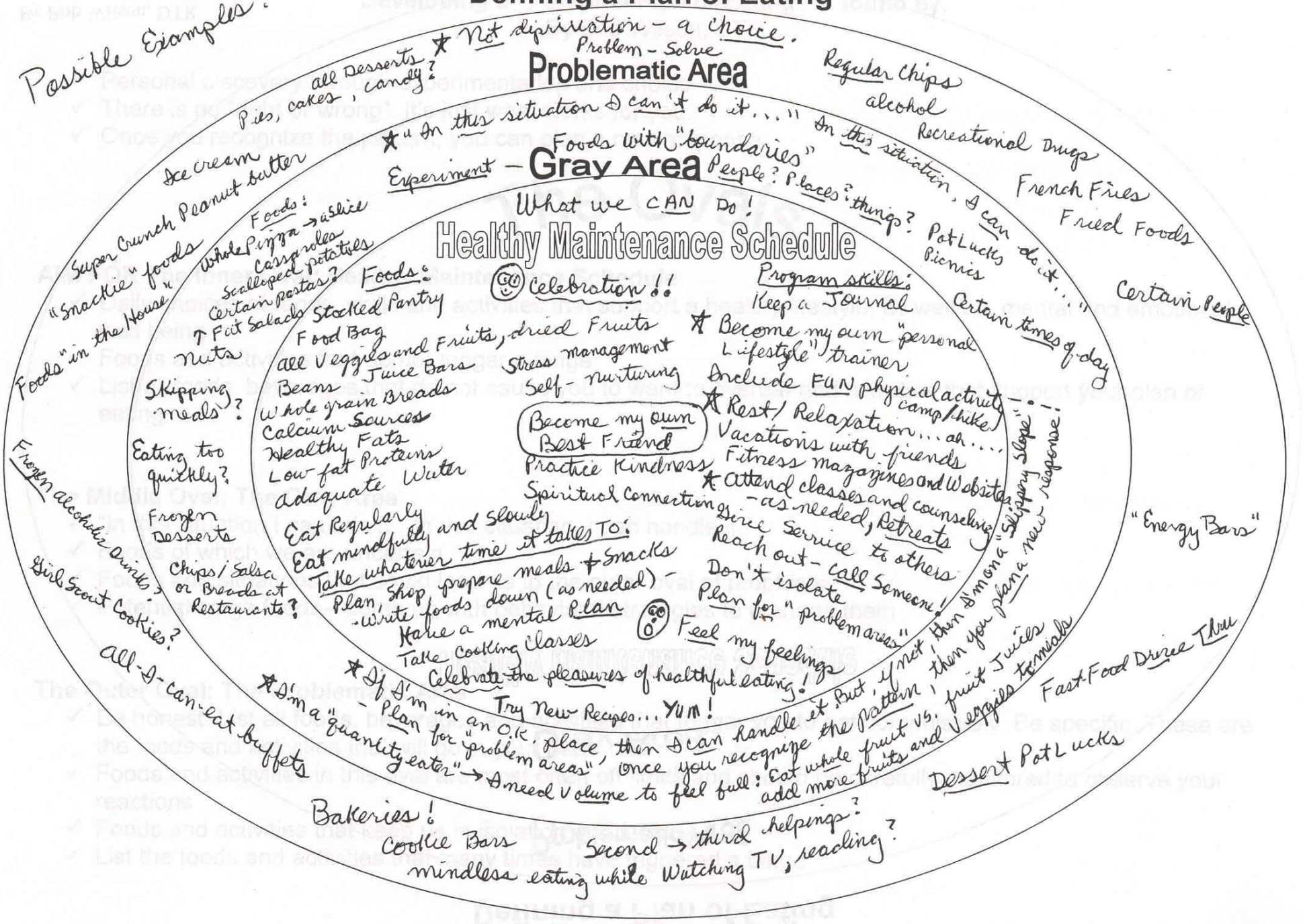Defining a Plan of Eating