Psst...
I've got
what you
need.
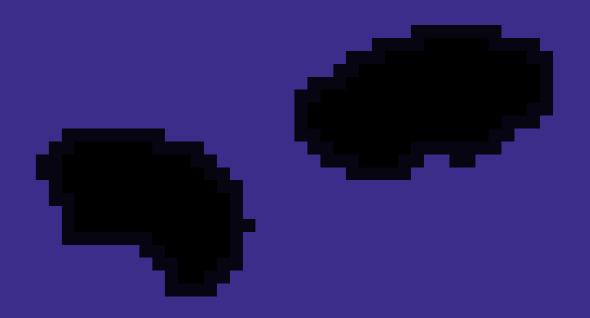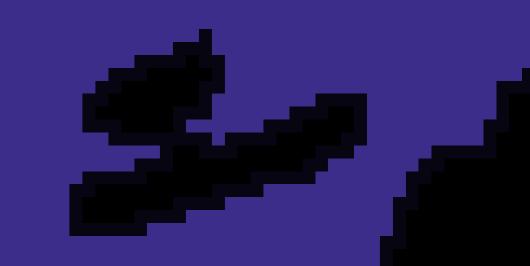
THINK. EAT. SAVE.