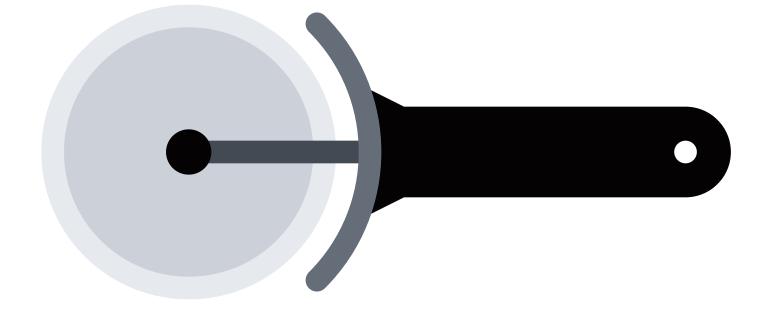
This Is How



I CUT CARBS