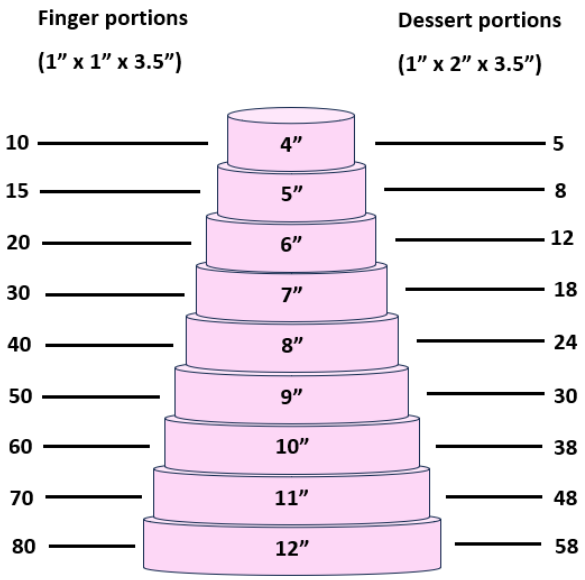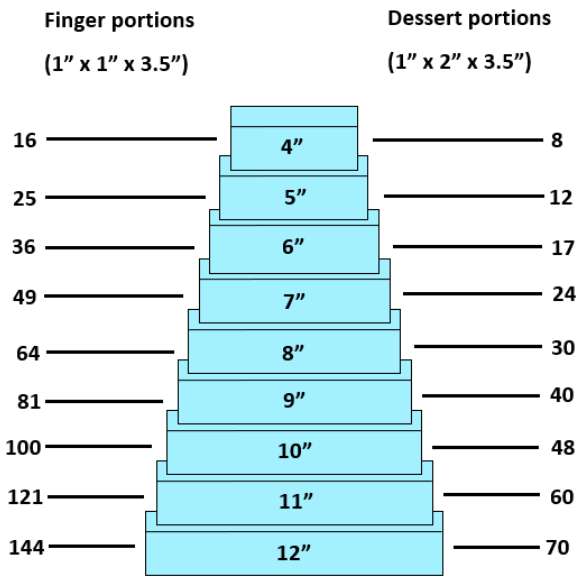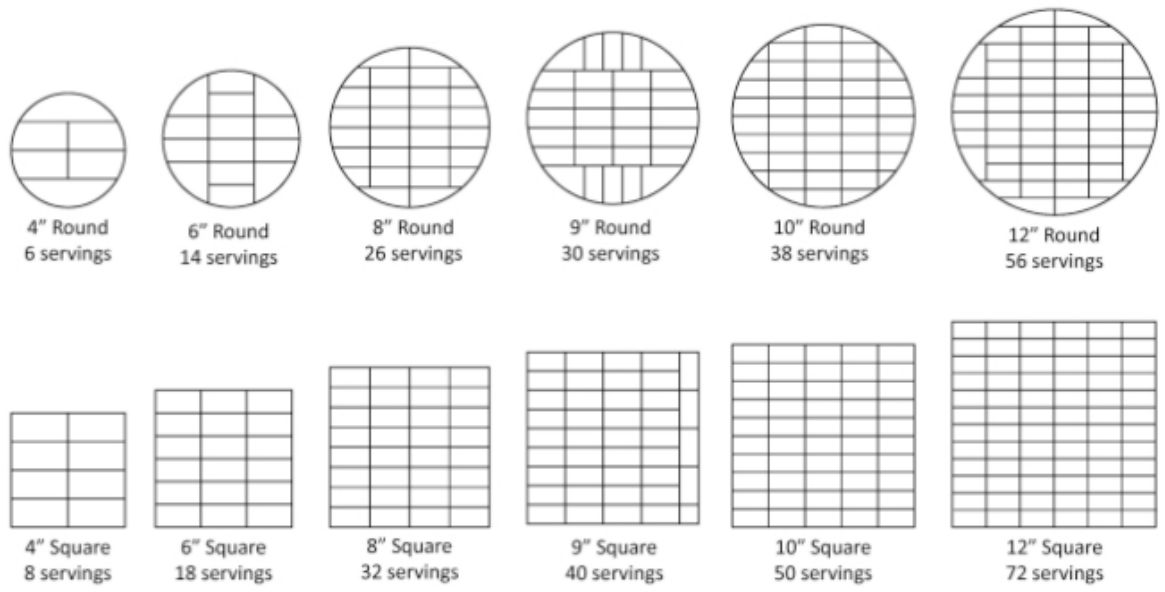Cutting & Portion Guide