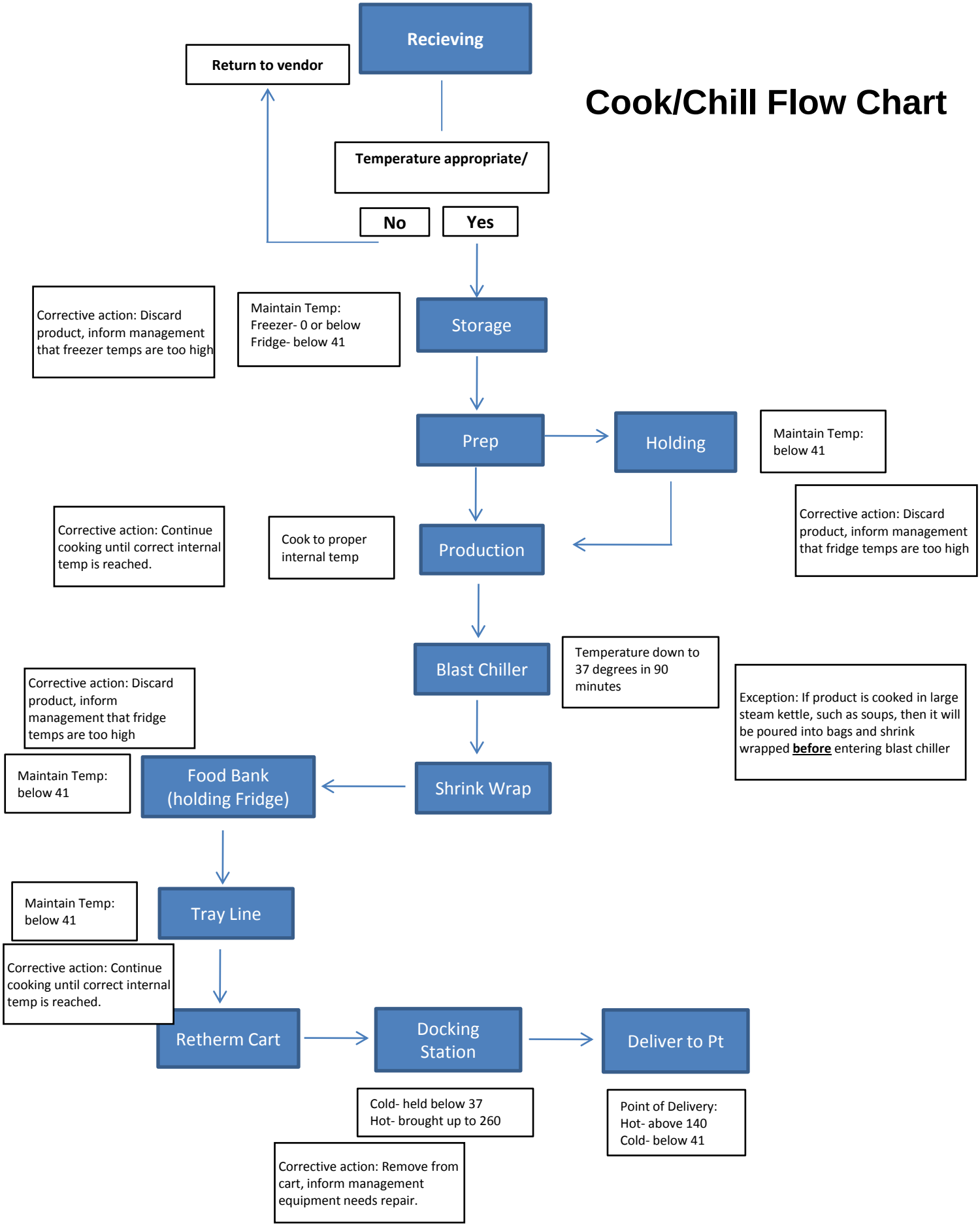# Cook/Chill Flow Chart