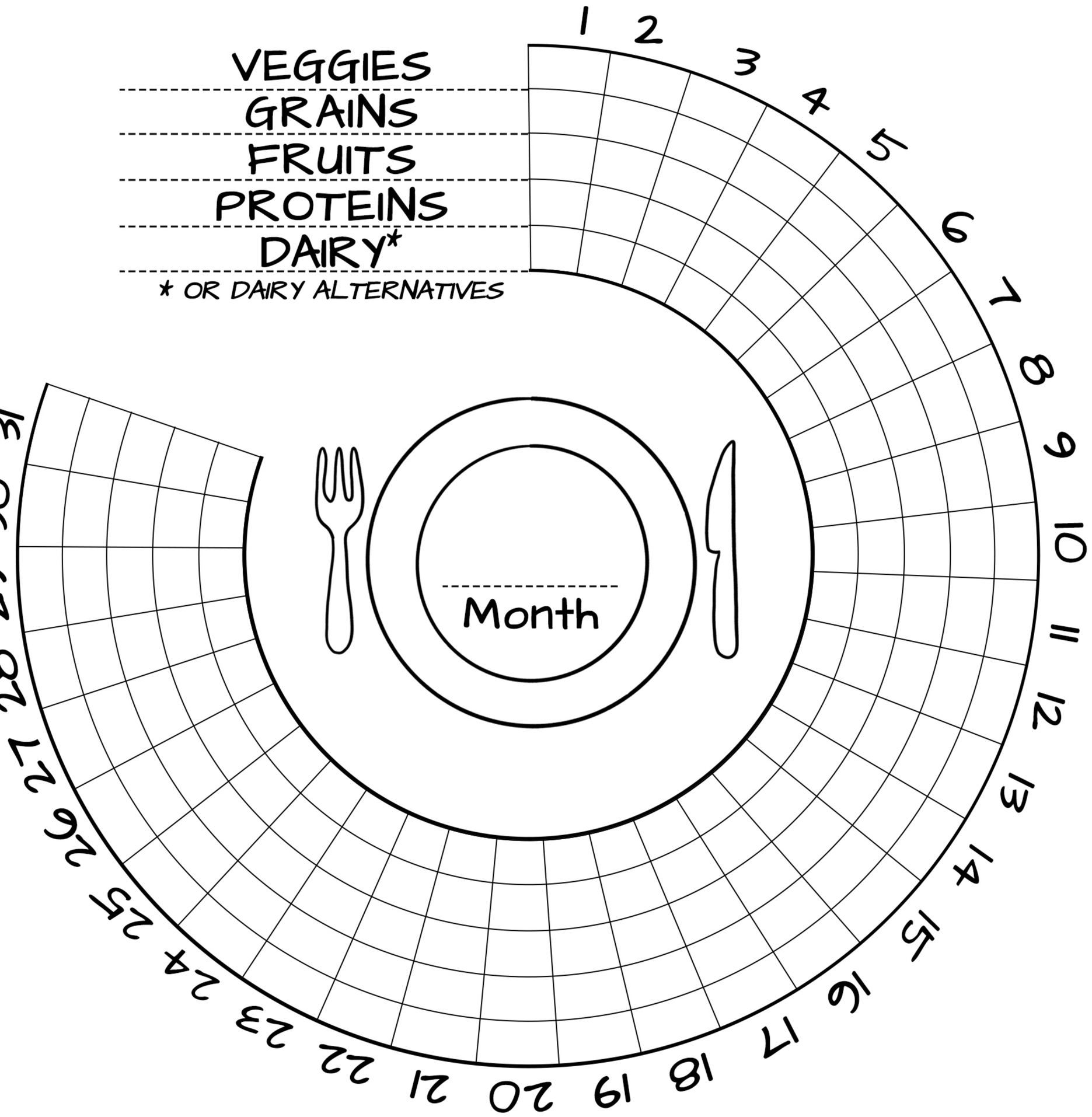
A MONTH OF EATING BALANCED MEALS



Track the meals that are nourishing your body each day.

YOU CAN