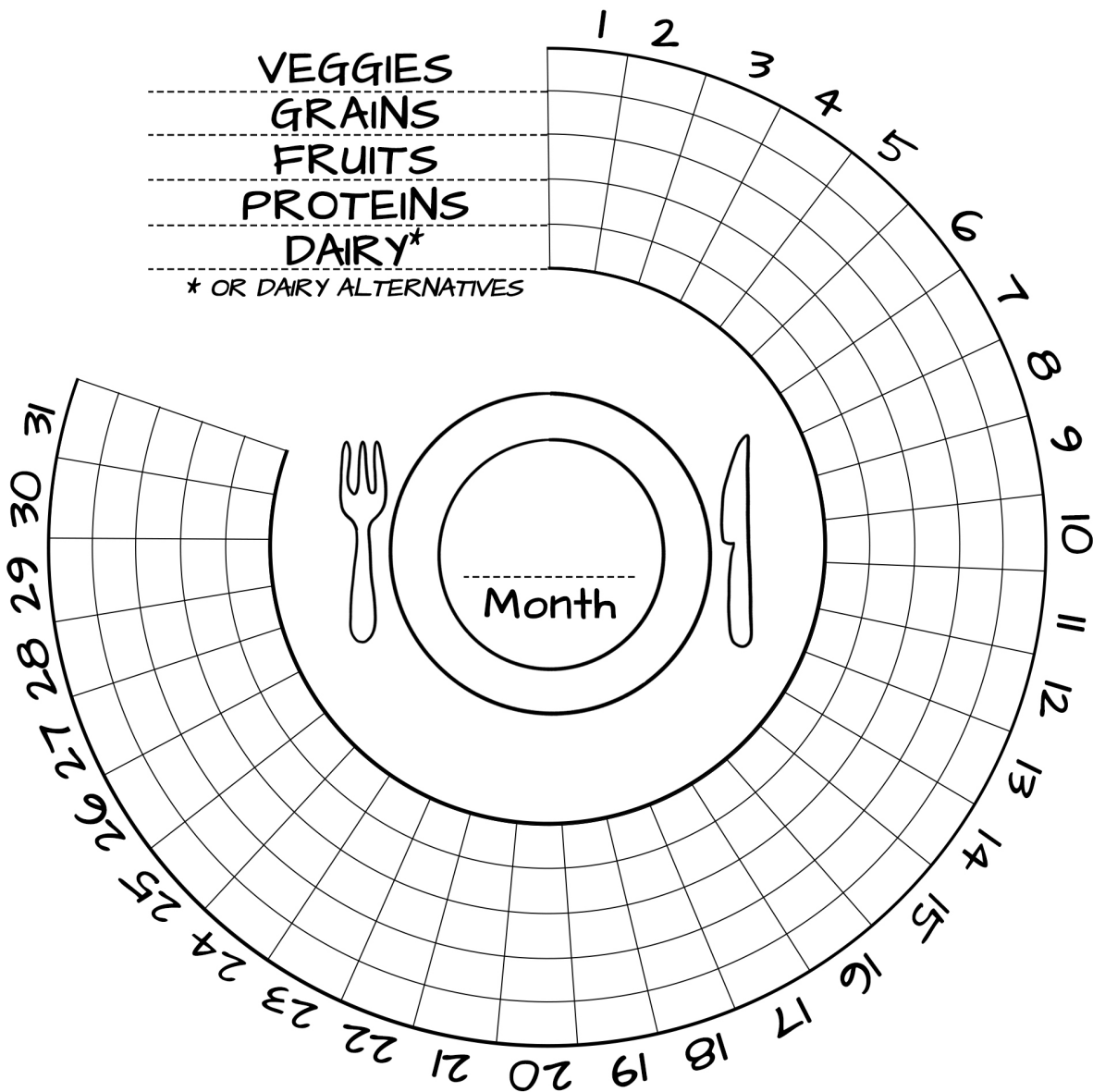


# A MONTH OF EATING

# BALANCED MEALS



Track the meals that are  
nourishing your body each day.

**YOU  
CAN**