





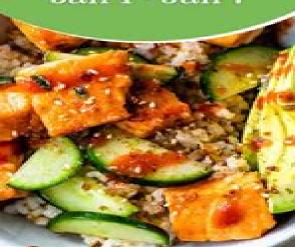




# MEAL Plan

Jan 1 - Jan 7







# **Recipe Of The Day Healthy**

Shasha Hu

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