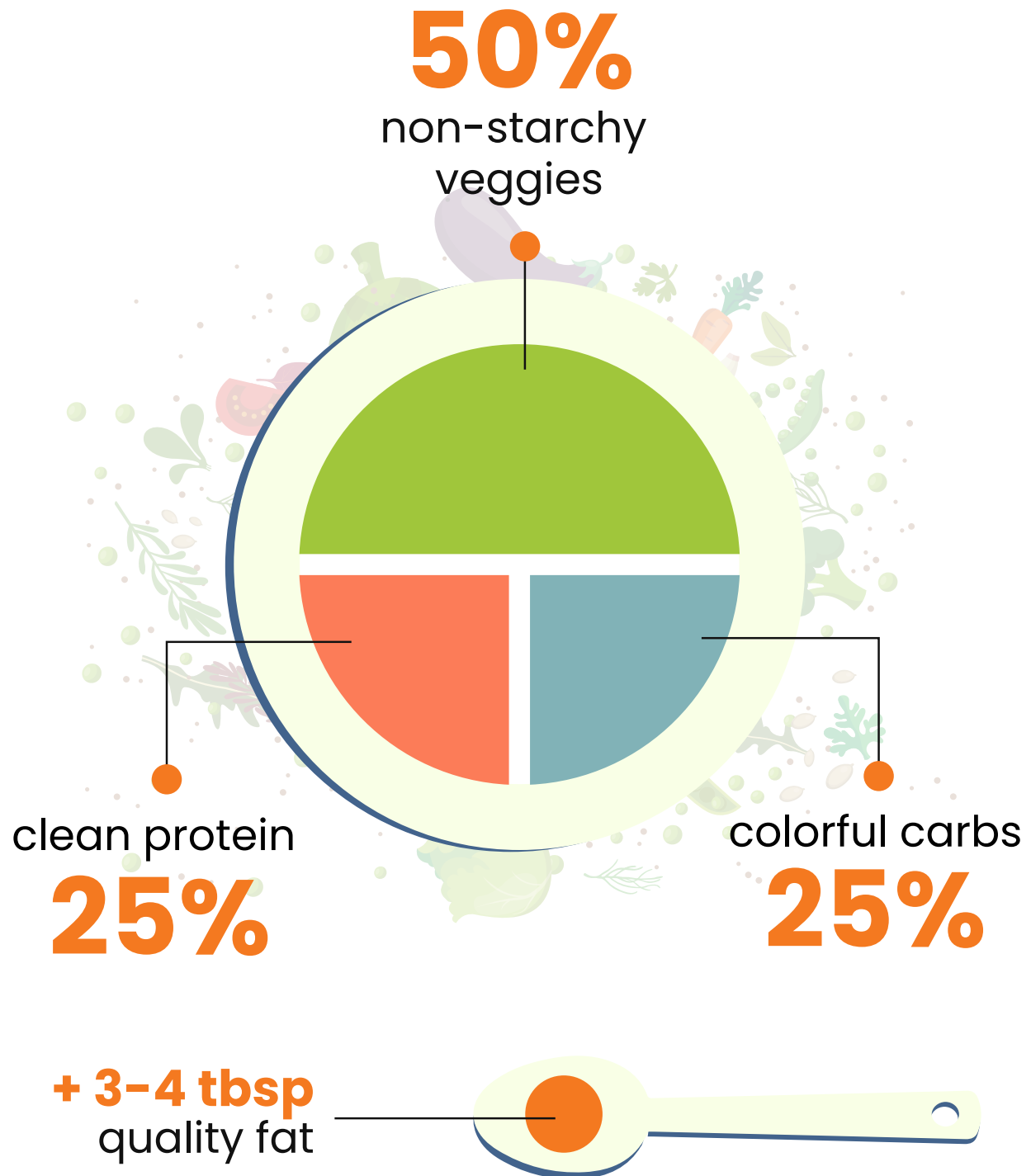


your **balanced plate**



maryann jones
thrive *naturally*