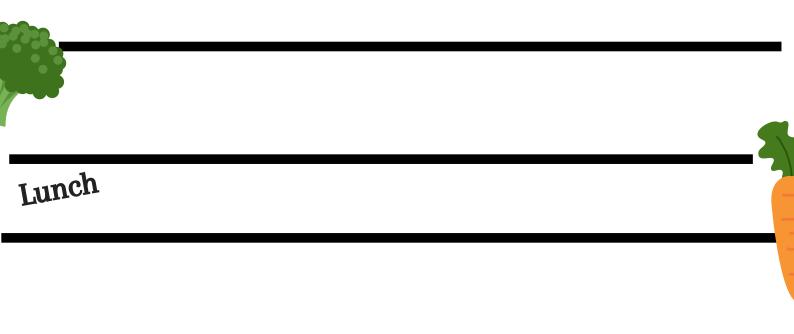
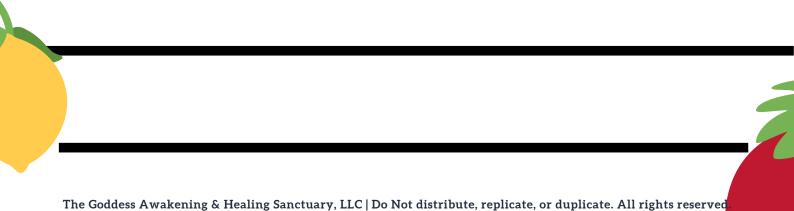
## WHAT'S ON MY PLATE

## Log your daily meals.

Breakfast



#### Dinner



# AFTER A MEAL, I FEEL...

### Log how your body and mood feel afterwards.

Immediately



#### 4 hours

Stuffed	Energetic	Light
Sleepy	Heavy	Itchy
Tingly	Belly ache	Hungry

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