



## THE CHALLENGE

- ✗ LACK OF CONTROL OVER RESTAURANTS DISHES FLEXIBILITY
- ✗ GLOBAL UNAWARENESS ABOUT HOW CALORIES WORK

REGAIN CONTROL OVER  
WHAT YOU *eat*

## THE FIX

CUSTOMIZE YOUR FAVORITE MEAL  
ADJUST TO YOUR OWN NEEDS



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LEARN ABOUT THE  
FOOD YOU EAT!

BE CREATIVE!

