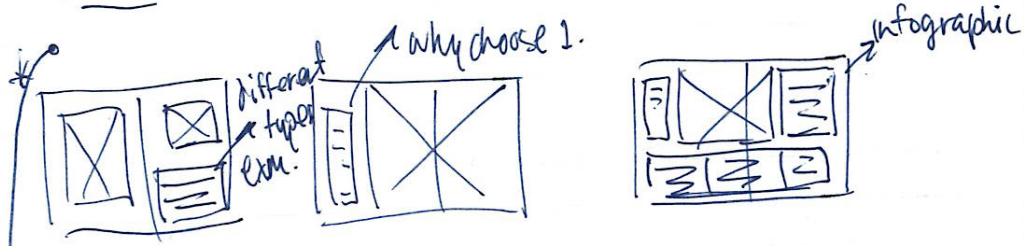
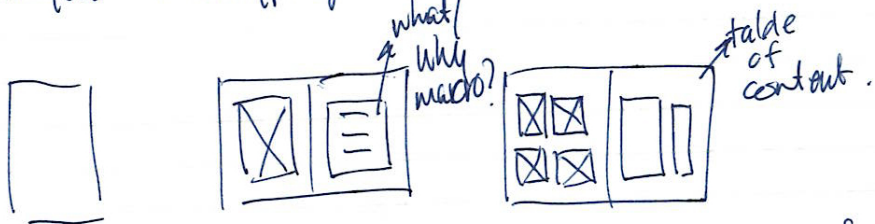
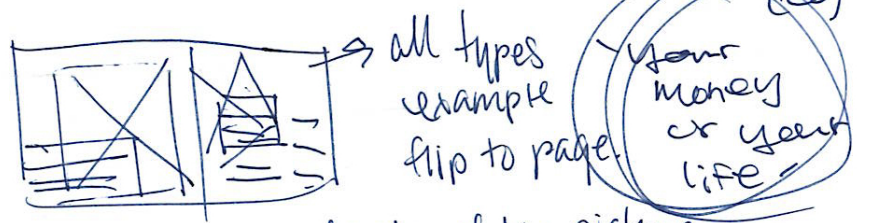
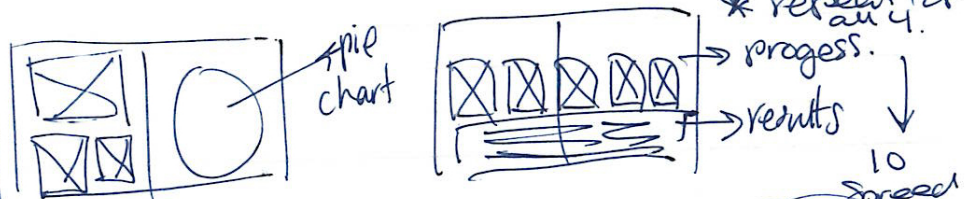


Prayer Prototyping. (Editorial)



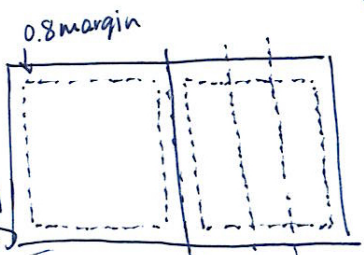
1. marco 2. keto 3. paleo 4. vegan.



longevity.
* 28 page total. = can add recipe/work outs.

WS L7.

start with stick figures of food awareness



not journal
↳ different direction.