## 我覺得的困難

整個修課下來覺得真正能學到的不多,比較多是填鴨式教法想做出來的東西和真正學的東西有點落差

最後的上課節奏也很緊湊

平常的上課節奏已經很快了 最後的那個部分也比較難以吸收

OMNIF COD

How it works

Meals

**Testimonials** 

**Pricing** 

Try for free

## A healthy meal delivered to your door, every single day

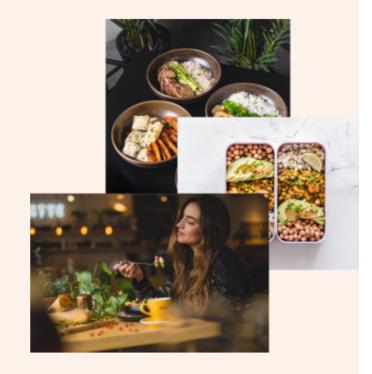
The smart 365-days-per-year food subscription that will make you eat healthy again. Tailored to your personal tastes and nutritional needs. We have delivered 250,000+meals last year!

Starting eating well

Learn more J



250,000+ meals delivered last year!



AS FEATURED IN



BUSINESS

The New York Times

**Forbes** 

