













Happy Holidays!

your nourish journey starts now





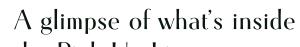
















- · Step-by-step cook along mode
- · Personalized nutrition
- · Meal plans perfected for you
- · Grocery shopping made easy



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Ready to print your card?

Here are some tips for the perfect results:

- 1. Cut through the dotted line
- 2. You can then fold it in half following the arrow so it fits in an envelope!