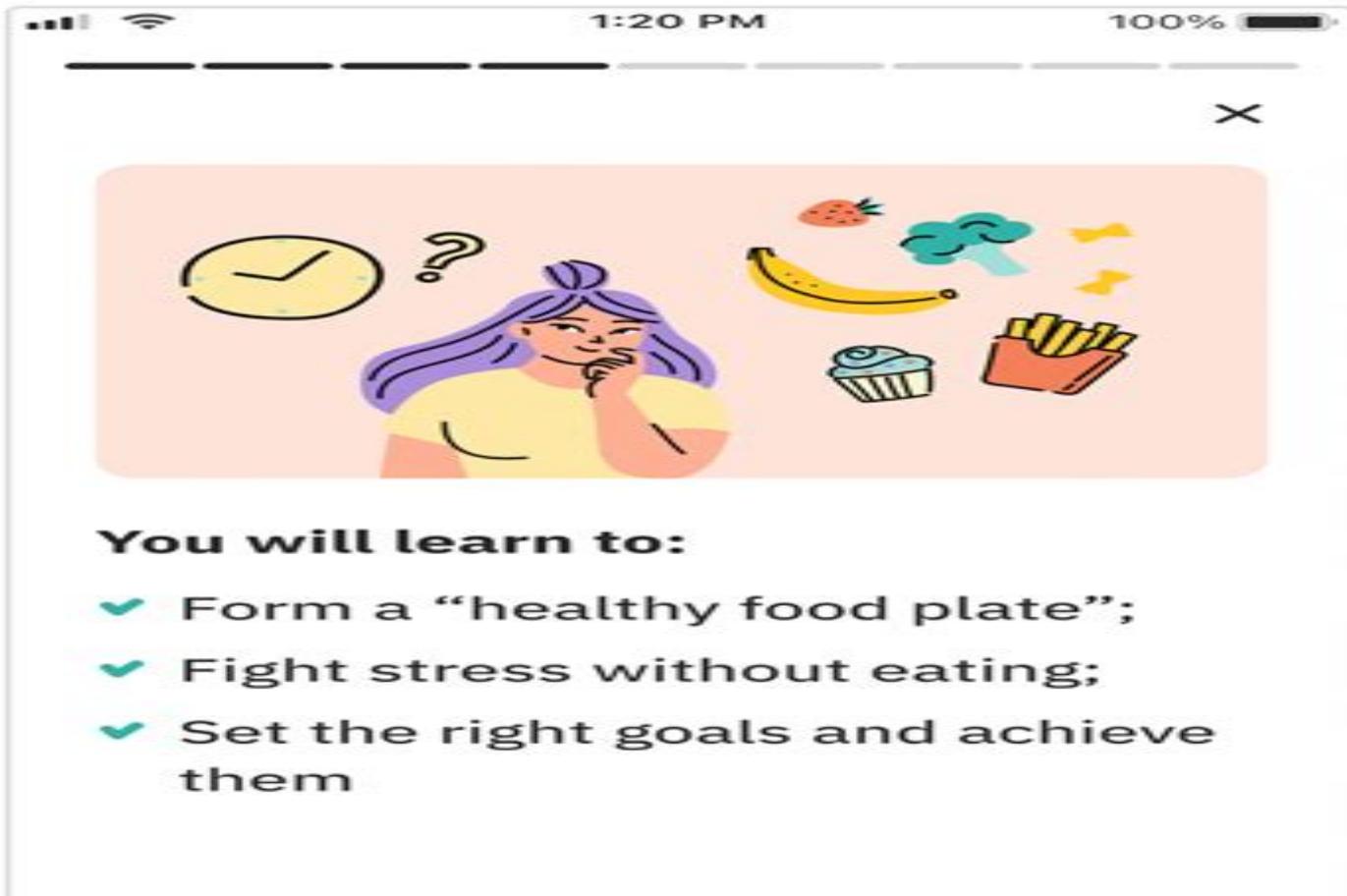


Weight Changing Courses



The image shows a smartphone screen with a course preview. At the top, the status bar displays signal strength, Wi-Fi, the time 1:20 PM, and 100% battery. Below the status bar is a close button (X). The main content is an illustration on a light orange background. On the left, a yellow clock icon and a question mark are positioned above a woman with purple hair, who is resting her chin on her hand in a thoughtful pose. To her right, there are icons for a banana, a strawberry, a blueberry, a cupcake, and a red paper container of french fries.

You will learn to:

- ✓ Form a “healthy food plate”;
- ✓ Fight stress without eating;
- ✓ Set the right goals and achieve them

X App Weight Loss Plan Guide

Léo Pomar



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