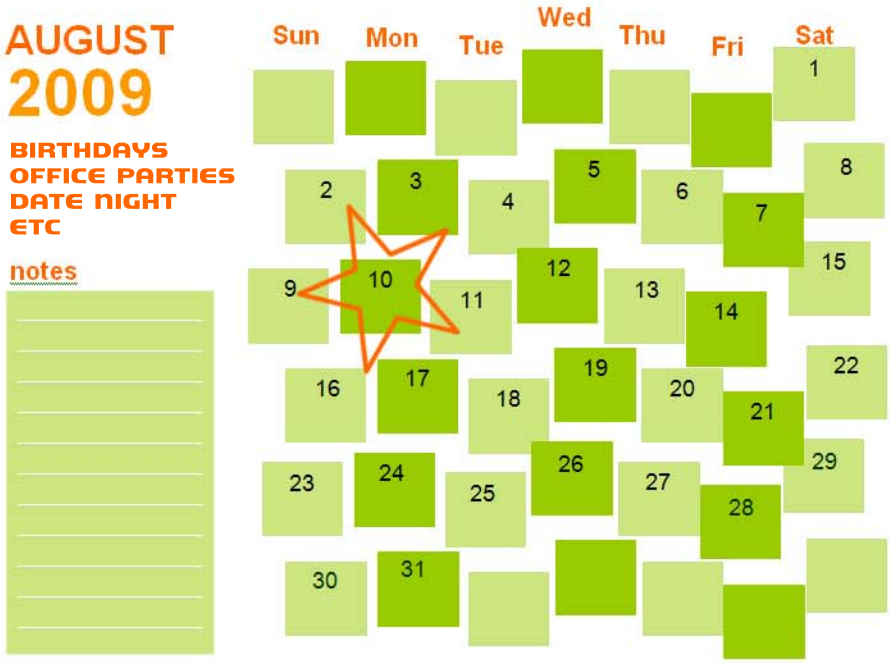
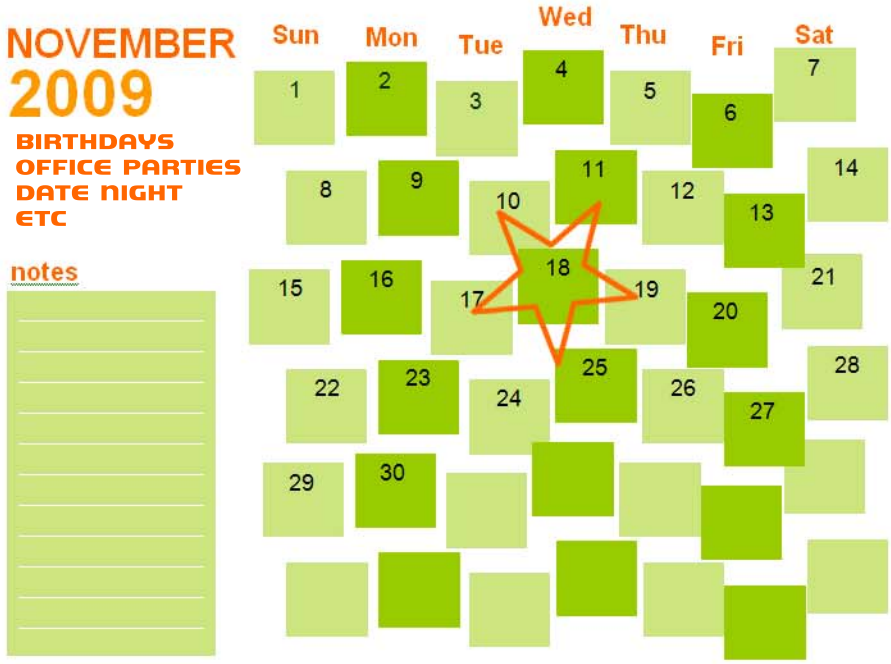
MARK ANY SPECIAL DATES WHERE YOU MAY NEED TO RETHINK YOUR EATING PLAN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