

The background of the image shows several meal prep containers. One container at the top left contains a piece of chicken with a red sauce and green spinach leaves. Another container at the bottom left contains zucchini noodles. A third container at the bottom right contains more zucchini noodles. The containers are in various colors like pink, blue, and silver. The overall theme is healthy meal preparation.

— THE 5-DAY —

Real Food

— CHALLENGE —



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