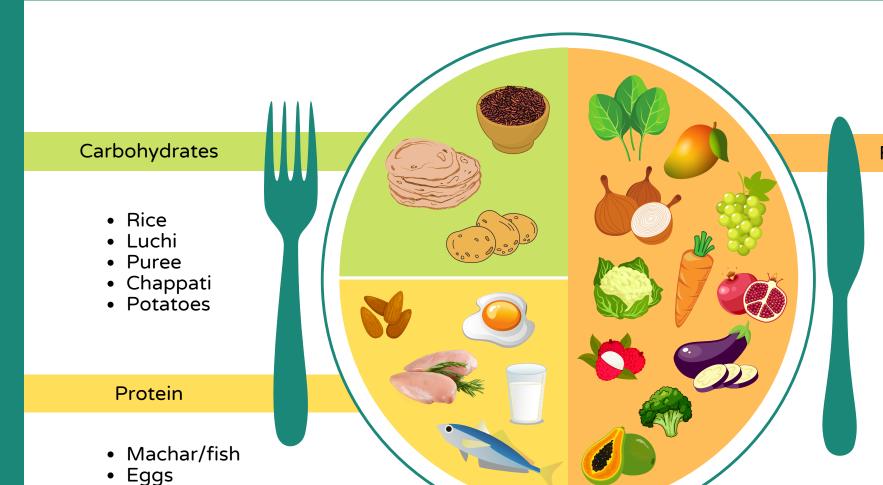
Portion Control: Bengali Plate





Milk

Almonds



- Spinach
- Kale
- Mangoes
- Papaya
- Grapes
- Borrocoli
- Aubergine
- Lychee
- Carrots
- Pomegranates
- Cauliflower
- Onions



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