

notes

*** class download not fit

class recipes

Here is a space to write down recipes I share in class.

If you prefer, I have over 180 of my best DIY recipes here in [The Supernatural Recipe Guide](#)

RECIPE:

Ingredients:

Instructions:

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Instructions:

my day by design

morning

mid

evening

my week by design

mon

tues

wed

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MONTHLY HEALTH PLAN

month: _____



health objectives

morning

afternoon

evening

🛒 on next order



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