

15:31



MEForMe >

Saturday 08:30

Hi Stacey, There is so much you can't control in your life and in the world around you. What you can control is what you put in your mouth. Make good choices for you. Each choice, day by day, one meal at a time. From Mon

Sunday 08:30

Hi Stacey, Eating well takes commitment and effort. You can do this, you just need to keep going. From Mon



Text Message

