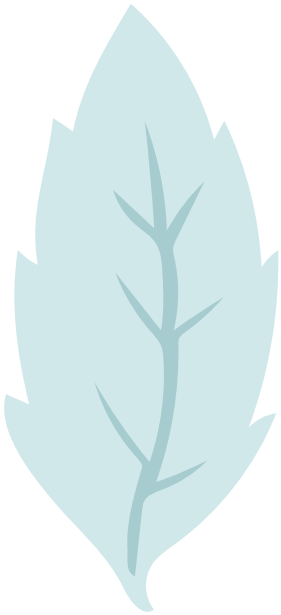
Individualizing the Plan to You

Personal Tastes and Food Preferences:

Lifestyle: What kind of lifestyle do have? What kind of lifestyle do you want?