

A woman with short dark hair, wearing a white sleeveless top, is smiling and looking at her smartphone in a kitchen. In the foreground, a table is set with a healthy meal: a large white bowl of green salad with tomatoes and cucumbers, a small green bowl of red beans, a glass bottle of olive oil, and a wooden platter with sliced cucumbers, tomatoes, and a piece of bread. The background shows a kitchen counter with a clock and some plants.

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