

NO SALT



NO ADDED SALT
FOR 30 DAYS
CHALLENGE

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1	2	3	4	5
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
6	7	8	9	10
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
11	12	13	14	15
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
16	17	18	19	20
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
21	22	23	24	25
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!
26	27	28	29	30
No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!	No extra salt in my food today!