

A photograph of a grocery store produce section. The top half shows wooden crates filled with various fruits: yellow pears, red grapes, yellow apples, and red apples. The bottom half shows a large display of green leafy vegetables, likely kale or spinach, with some white cauliflower heads interspersed. The background is a solid light blue color where the text is located.

# PLYOJAM

PlyoJam JumpStart Nutrition

Created by **Healthy By Heidi**  
Exclusively for PlyoJam

# Plyojam Jumpstart Nutrition Guide

**Sebastian Brünink**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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